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Four decades later, fugitive surrenders

RETURN More than four decades after he allegedly hijacked a jetliner from a New York airport to Cuba, Luis Armando Pena Soltren, 66, voluntarily returned to the same airport to surrender and face prosecution, authorities said yesterday.

Pena Soltren, who was arrested Sunday at John F. Kennedy International Airport after arriving on a flight from Havana, was expected to be arraigned today in Manhattan on a 1968 indictment. The Cuban government authorized his departure, authorities said yesterday.

Pena Soltren, a U.S. citizen, and two accomplices used weapons hidden in a diaper bag to hijack the Pan Am flight on Nov. 24, 1968, authorities said.

THE ASSOCIATED PRESS

News on the Move

What's this barcode for?
Learn how to scan the barcode with the instructions at the top of pg 3

Food pg 42

Dish up some Diwali treats

Celebrity pg 53

Tara will bare all in mag

On the web
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NHL **Fluttering Leafs**

NICK LAHAM/GETTY IMAGES

Toronto Maple Leafs Jason Blake tries to control a bouncing puck in front of New York Rangers goalie Henrik Lundqvist last night at Madison Square Garden in New York. Toronto's 7-2 loss left the team winless to start the season. More coverage, page 25.

Flu hits women harder: Study

A "striking" number of women are becoming seriously ill after contracting H1N1, according to a new study, and researchers admit they have no explanation.

Although it's been known that pregnant women — along with the young and elderly — are at increased risk, the authors of the report, Critically Ill Patients With 2009 Influenza A (H1N1) Infection in Canada, write "the tendency of females to develop severe 2009 influenza A (H1N1) infection in this series is striking," especially since "female susceptibility has not been observed in other influenza outbreaks."

And they can't say why.

"The explanation for increased risk of severe disease and death among females in this report is unclear," the authors admit, "but the role of pregnancy as a risk factor has been noted in previous influenza pandemics."

About 67 per cent of the cases under study in the Canadian report were women. The study also found that, in one survey of 168 critically ill patients, 29 died, the majority in two weeks. The majority of the deaths, 72 per cent, were women.

Similar results were found last month after the Montreal public health department tracked cases from April to September, and found about 56 per cent of the 1,280 confirmed cases of H1N1 were women. TORSTAR NEWS SERVICE

Warning signs

- The following signs may be seen in a swine flu patient taking a turn for the worst.

CHILDREN: Fast or troubled breathing; skin turning bluish; not drinking enough fluids; being unusually hard to wake up or not interacting; being so irritable the child doesn't want to be held; flu-like symptoms improve but then return with fever and worse cough; fever with a rash.

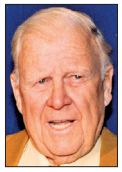
ADULTS: Difficulty breathing or shortness of breath; pain or pressure in the chest or abdomen; severe or persistent vomiting; sudden dizziness; confusion.

SOURCE: THE U.S. CENTERS FOR DISEASE CONTROL

Wacky deal to trade Leafs for Oilers was close: Book

Peter Pocklington says Harold Ballard came calling in the early 1980s with an unprecedented offer that would have bailed the former Toronto Maple Leafs owner out of financial trouble, and might have had Wayne Gretzky parading the Stanley Cup down Carlton Street.

In a new biography about the one-time Edmonton Oilers owner, I'd Trade Him Again, Pocklington recalls a deal he almost made where the Leafs and Oilers would have swapped cities.



Harold Ballard

"Harold phoned me and said, 'Would you consider moving to Toronto with your team and I'll move to Edmonton with mine, and I'll need $50 million," Pocklington told The Canadian Press when reached Sunday.

"So I thought about it and said, 'Yes Harold, I'll go for that.'"

The scheme called for the entire team to move to Toronto to play in Maple Leaf Gardens while the Leafs, in turn, would have found a home in Edmonton's new arena, which at that time was called the Coliseum.

According to Pocklington, Ballard was in financial difficulties when he made the proposal in 1981. However, a short time later Ballard backed out of the deal.

"He just said he needed $50 million and I guess I was one of the ways to resolve and solve the problem," said Pocklington. "Within a week or two he called back and said I solved my $50-million problem and we'll continue the way we were." THE CANADIAN PRESS

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Local

Traffic stop turns up gun

A traffic stop early yesterday morning turned up a gun in a car and led to the arrest of two people, police said. Shortly before 12:30 a.m., police on patrol stopped a car on Eglinton Avenue West at Allen Road for allegedly running a red light. Police say that, when officers stopped the car, they discovered a loaded pistol with its serial number defaced. Tyrone Grange, 27, was also charged with assaulting a peace officer and Keon Bruney, 27, was further charged with failure to stop at a red light. TORSTAR NEWS SERVICE

METRO INTERNATIONAL NEWSPAPER OF THE YEAR
2009 Festival of Media Awards

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Tomorrow's Metro

Eradicating Poverty

Metro launches a series titled Eradicating Poverty, where we take a closer look at what's being done in Canada to help the less fortunate.

metronews.ca
What's online today.

Analysis A size-zero model's had enough of a thin-obsessed fashion industry, visit metronews.ca/world.

Lotteries

Monday: Ontario Pick 3: 6 4 0;
Ontario Pick 4: 5 5 8 5; **Encore:** 4120780
Daily Keno: 2, 9, 13, 17, 18, 19, 20, 29, 30, 35, 37, 38, 44, 46, 51, 54, 63, 64, 67, 68.
These results are not official.

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Could you say that in English please?

Toronto trustee looks to rid city report cards of confusing 'edu-speak'

"She systematically describes the relative locations of objects or people using positional language."

Say what?

How about: "She can tell you if she's in front or behind someone, or last in line." Now that's better.

After more than a decade of incomprehensible and indecipherable comments, Ontario student report cards are in for an overhaul.

A memo from the Ontario education ministry, obtained by Torstar News Service, says a new assessment policy to be released next year will address report card comments.

"Teachers should strive to use language that parents will understand and should avoid language that simply repeats" what curriculum documents state, says the policy, which is still in draft format.

That's good news for Toronto Trustee Howard Goodman, who said he was inspired by retired teacher Tom Sullivan and his crusade to simplify report cards, as he hopes to rid report cards in the city's public schools of the constant 'edu-speak.' His motion, which goes to a committee before getting full board approval, asks that the board develop "in time for use on elementary report cards starting in the fall of 2010, a new list of comments that provide useful information to students and parents."

TORSTAR NEWS SERVICE

CARLOS OSORIO/TORSTAR NEWS SERVICE

Tom Sullivan, seen with his 10-year-old grandson Justin, has spoken out about incomprehensible report cards that teachers send home. The retired teacher complains he can't understand the edu-jargon on Justin's report card.

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Translation

The quotes in teacher terms and what they actually mean

- **Quote:** "She is able to count using one-to-one correspondence with ease."

It means: Child can count objects — using things like counters, or markers or whatever — using 1, 2, 3, 4, 5, etc ...

- **Quote:** "He demonstrates an understanding of appropriate speaking behaviour."

It means: The child, when working in the class with teacher or other students, is able to listen, respond, not interrupt and use proper tone

- **Quote:** "He demonstrates an understanding of the proper and controlled use of art tools."

It means: A younger student, for example, can create an art project using scissors, glue, paint brush.

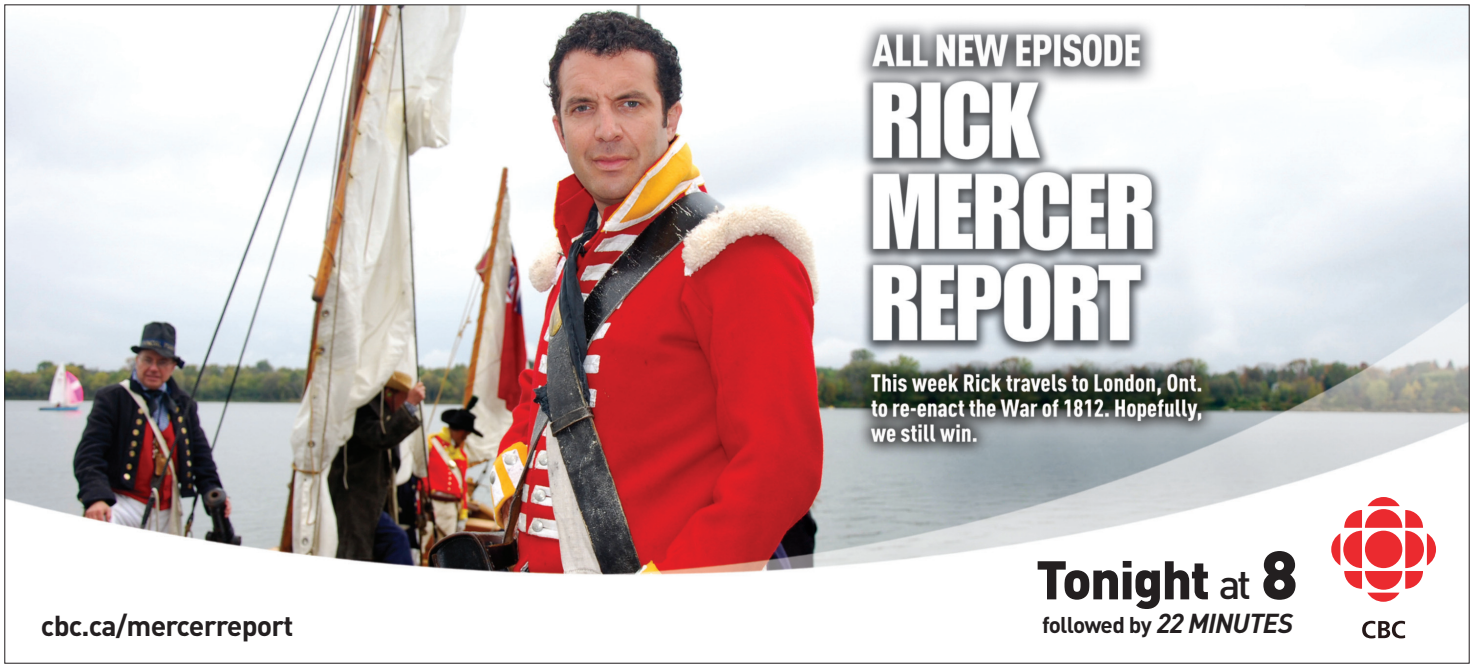
TORSTAR NEWS SERVICE

News in brief

TASER Toronto Police has changed its Taser use policy by instructing officers to avoid hitting the upper chest of a suspect when deploying the weapon. The change was made over two weeks ago after Taser International Inc., the weapon's U.S. manufacturer, issued an urgent bulletin instructing users not to aim the weapon at the chest of a suspect to avoid impact to the heart.

STABBING A 24-year-old man is in hospital after being stabbed in the stomach during an alleged drug deal at a Mississauga townhouse complex early yesterday morning. Shortly before 2.30 a.m., three men arrived at the man's home on Brandon Gate Drive, in the Malton area. The trio demanded money from the man and stabbed him in the stomach. They fled the scene, and the man had to be taken to hospital. He is listed in serious but stable condition after being transferred to a Toronto hospital. Police are still looking for the three men and are seeking the public's help.

TORSTAR NEWS SERVICE



Woody getting honorary doctorate from York

Environmentalist and actor Woody Harrelson, who is devoted to educating young people about sustainability, will receive an honorary doctorate from York University this Saturday. METRO NEWS SERVICES

Shelter feeds body and soul

Scott Mission sets table for 400 during tough economic times

Seventy-year-old Maurice Kiel elbows his way toward Scott Mission executive director David Smith and leans in to shake his hand. "Give my compliments to the chef," Kiel says. "I will, Mo," responds Smith.

COLIN MCCONNELL/TORSTAR NEWS SERVICE

Harvey Richards, 66, and Rod Radford, 58, enjoy turkey and all the fixings yesterday at the Scott Mission. Some of the city's most needy get their Thanksgiving dinner at the Scott which is run by the support of hundreds of donors and volunteers each year.

Nearby, a frail elderly man with a cane is ushered to a table. He says: "I feel like Jesus."

Thanksgiving Day at the Scott Mission is a busy one — some 400 meals must be prepped and cooked. That translates into 30 turkeys, three 15-kilogram boxes of potatoes and three 15-kilogram boxes of salad, and scores of volunteers.

Smith oversees the operation like a conductor leading a symphony.

The Thanksgiving meal not only provides sustenance for the body but also for the soul, he says.

The Scott Mission is one of several places across the GTA where Thanksgiving meals were offered yesterday for those who are homeless, jobless or without family.

Demand for all services at the Scott Mission is up because of the recession, says Smith.

For every four people the mission served last year there is now a fifth, he explains. At the same time, donations are down by about 25 per cent or about $1 million so far this year.

Scott Mission isn't alone. Many other agencies and shelters across the city are facing similar problems — the need is up, donations down.

The homeless are particularly hard hit by the recession this year, but the Scott Mission is also seeing many new faces, including those who have lost their jobs in the manufacturing sector and don't have money, says Smith.

TORSTAR NEWS SERVICE

Queen's Park blaze sparks bad memories

FIRE A phone call about a two-alarm blaze on the roof of the Ontario legislature Saturday night had Speaker Steve Peters immediately thinking back to another fire that caused massive damage to the historic building a century earlier.

> **"It was just kind of a shudder, a strange feeling and you know, thinking the worst, thinking back a hundred years."**
> Steve Peters

"It was just kind of a shudder, a strange feeling and you know, thinking the worst, thinking back a hundred years," Peters said yesterday in an interview.

Neighbours in downtown Toronto called 9-1-1 about 10:30 p.m. Saturday to report flames shooting from the north wing rooftop of the 116-year-old limestone building, directly above the legislature's extensive library.

"For this fire to be above the library again, as you know, in the 1909 fire we lost 100,000 books," said Peters.

There was no water or fire damage visible inside the legislature yesterday, not even a lingering smell of smoke in the upper floors of the library, which was draped with tarps and sheets of plastic covering books and documents on the upper levels. THE CANADIAN PRESS

News in brief

RESTAURANT Patrons of Ruby Chinese Restaurant, shut down last week after a salmonella outbreak that sickened at least 22 and has been linked to the death of a man, will have to wait a while longer to get the green light to re-open as it failed two health inspections last week. THE CANADIAN PRESS

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No injuries after plane overshoots Island runway

No injuries are reported after a small plane overshot the runway at Toronto's Island airport on Friday night. News channel CP24 says the plane was carrying a pilot and five passengers. THE CANADIAN PRESS

Self-employed parents may get EI

On Parliament Hill, most everyone agrees that self-employed people like Lainey Bonsell should be able to tap into parental benefits when they decide to start a family.

But that's easier said than done.

Bonsell, 29, is a real estate agent in Toronto's Beaches neighbourhood, expecting her first baby. Because she's self-employed, she isn't eligible for the EI payments that are sent automatically to other new parents, and is instead saving to take two months off.

Like a wide range of advocates and politicians, Bonsell thinks she should at least have the choice to collect benefits during her maternity leave.

Human Resources Minister Diane Finley is poised to table a bill after the Thanksgiving break that would allow self-employed people access to a plan that would pay them EI benefits after having babies.

CHRIS YOUNG / THE CANADIAN PRESS

Real estate agent and expectant mother Lainey Bonsell, pictured in Toronto on Friday, is in line to benefit from a proposed bill designed to give parental benefits to self-employed workers.

The number of self-employed women in Canada grew by 8.4 per cent between 2001 and 2006, according to the last census, and by an enormous 234 per cent between 1981 and 2006. But they struggle to keep their businesses going, care for their babies and pay the bills all at once — a fact politicians of all stripes have recognized.

"I think it should be done, but it depends on how it can be done. That's the big problem," said Sylvain Schetagne, senior economist at the Canadian Labour Congress.

Should participation in the plan be voluntary or mandatory? Should it be self-financing, or cross-subsidized by premiums from other employees and employers? Should the government kick in money from general revenues? If not, won't premiums be so high as to be prohibitive?

"We're supporting self-employed people to be able to have parental leave. It's how we draft the bill that's in question," said MP Yvon Godin, the NDP's critic on employment insurance. THE CANADIAN PRESS

Fines upped for behaving badly on the Red Rocket

TRANSIT Getting ticketed by the red rocket will sting your pocket thanks to increased fees for public transit users who don't ride by the rules.

Starting yesterday, infractions like smoking on TTC property, holding subway doors open to cram on as the chimes sound, or putting your feet on streetcar seats will be punished with $195 fines, up from $95.

"We're not out there headhunting or hiding behind bushes to catch people smoking" said TTC spokesperson Kevin Carrington.

"We're trying to cut down on these problems that affect services and cause delays."

The emphasis will be on educating riders first, said Carrington, who admitted many may not even realize putting your feet up breaks transit bylaws.

In 2008 the TTC's 90 special constables, many who work on TTC vehicles in plain clothes, working with some 40 police officers, issued 5,000 tickets. TORSTAR NEWS SERVICE

News in brief

FLU SHOT You might have thought Toronto's experience with SARS would have made health-care workers in the city's hospitals more likely than their provincial counterparts to get a flu shot. But a new report suggests you would have been wrong. The report, from Toronto Public Health, shows that for the past three years, flu shot uptake rates among staff of Toronto's hospitals and long-term care facilities have been lower than the provincial median rates.

TOY THEFT Peel regional police are giving thanks to the public for stepping up donations to their Toys for Tots program after a truck carrying 26 skids of toys was stolen last month. The trailer, filled with toys destined for the Salvation Army in Brampton was reported stolen Sept. 26. Half of the stolen toys were found along with the trailer Friday morning in east Toronto. THE CANADIAN PRESS

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Diwali fest billed as largest ever

A marathon 30-hour-long Diwali celebration in Toronto was billed as the largest ever South Asian festival in North America. The event, called the Mahautsav, which celebrates the Indian festival of lights, kicked off at 5:30 p.m. Friday and lasted until 11:30 p.m. Saturday. THE CANADIAN PRESS

Zelda's move shows village gentrification

GAY VILLAGE Overnight, Church Street changed.

After nine years on the main strip of Toronto's gay village, Zelda's restaurant shut its doors on Sept. 27 without a word of warning.

From 2 a.m. until dawn, owner Michael Swann and his staff filled a moving van with kitchen appliances, dishes and bottles of alcohol.

Swann says the quick move was because a bigger, cheaper place became available on Yonge Street. With the lease on his Church location up for renewal, he says his landlord wanted to raise the rent from $27,000 to $35,000 a month.

Gentrification is a flashpoint in any city, but in the Church-Wellesley village, the exodus of old inhabitants in recent years has political undertones.

Historically, the neighbourhood has been a place of comfort for those whose sexuality once made them societal outcasts, but in 2009, the very concept of a gay village is in transition.

TORSTAR FILE PHOTO

Teal Jaques

Rapidly rising housing prices means Church-Wellesley is hardly the "ghetto" it was in the years before same-sex marriage and other such family law victories. And for the young people who could be the neighbourhood's future, the labels "gay" and "lesbian" are just a starting point for self-discovery.

"I prefer no identification, but the easiest way is to say pansexual and trans," says Teal Jaques, 20, who is considering making a physical transition from being a biological male.

TORSTAR NEWS SERVICE

61 hospitals seeing red

38% fail to balance books: Report

More than a third of Ontario hospitals couldn't balance their books last year, amounting to a $154-million shortfall, newly released figures show.

$19.9M The collective deficit reported by three Toronto hospitals — Sick Kids, Baycrest and Bridgepoint.

Sixty-one of the province's 159 public hospitals, or 38 per cent, were in deficit in the last fiscal year ending March 31, according to the Ministry of Health and Long-Term Care.

The largest shortfalls included Niagara Health System which had an $18.8-million deficit, Kingston General Hospital which had a $14-million deficit, Toronto's Hospital for Sick Children which had a $12.8-million deficit, and Sault Area hospital which had an $11.5-million deficit, according to figures provided to The Canadian Press.

In the four most northern regions of the province, 20 hospitals were in deficit at the end of the year. They included a $5.1-million deficit at Cornwall Community Hospital, a $6-million deficit at North Bay General and a $950,000 deficit at Riverside Health Care Facilities Inc. in Fort Frances.

Ontario hospitals, which receive about 85 per cent of their funding from the province through 14 Local Health Integration Networks, are forbidden from running deficits by law. However, many hospitals in the red received a waiver because they've agreed to balance their books by the end of the current fiscal year. While it couldn't provide specific figures, the Ontario Hospital Association said fewer hospitals have been running deficits over the last four to five years. THE CANADIAN PRESS

Eaton Centre **Bublé in town**

JOHN R. KENNEDY/FOR METRO TORONTO

Michael Bublé greets fans as he arrives at the Eaton Centre on Saturday for an autograph session. The Vancouver crooner's new album Crazy Love has already been certified double platinum in Canada.

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Kitchener-Waterloo celebrates Oktoberfest

Revellers in Kitchener-Waterloo, Ont., are breaking out the beer steins and gobbling up sausages and sauerkraut at the biggest Oktoberfest festivities outside Germany. The nine-day celebration of all things German got underway at the official keg tapping Friday morning. THE CANADIAN PRESS

Canada

Laliberte returns to Earth

Guy Laliberte says his head is still in the stars after 12 days in space but called his return to Earth an amazing experience. "It's an emotional feeling that is very difficult to describe with words," he said in an interview broadcast Sunday on NASA TV. Sporting his trademark clown's nose, a grinning Laliberte gave the thumbs up after Canada's first space tourist returned to Earth early Sunday aboard a Russian Soyuz spacecraft. THE CANADIAN PRESS

Deportation numbers soar

Increase seen in last decade

Deportations from Canada have skyrocketed more than 50 per cent over the last decade, and the bulk of those given the boot are failed refugee claimants who often return home to face torture and persecution.

Figures obtained by The Canadian Press through Access to Information show Canada removed 12,732 people last year — a major increase from the 8,361 who were deported in 1999.

A series of steady increases over the years shows no sign of abating in 2009. By Aug. 25 of this year, 8,999 had already been deported.

Statistics from the Canada Border Services Agency show failed refugee claimants accounted for three-quarters of deportations while the remainder were often removed on criminal or security grounds.

The Canadian Council for Refugees says the figures debunk the widely held notion that Canada is a haven for asylum seekers.

"These facts contradict it and that's what people who work with refugees know — that this is a daily business, a daily experience that claimants are very routinely removed from Canada," said Janet Dench, the council's executive director.

12,732

The number of people who were deported from Canada in 2008.

The government explains the spike in deportations as the logical result of a jump in refugee applications; there were 35,000 refugee claims last year, and the government says the system can only handle 25,000.

A spokesman for Immigration Minister Jason Kenney says problems with the refugee system will be addressed in upcoming reforms.

The most common deportation destinations are the U.S. and Mexico, although hundreds more are being sent to places with shoddy track records on human rights or security, like China, Pakistan and Haiti.

THE CANADIAN PRESS

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FRED CHARTRAND/THE CANADIAN PRESS

House of Commons Speaker Peter Milliken, centre, is seen in the Senate Chamber on Parliament Hill in Ottawa in this file photo. As of yesterday, Milliken held the job for 3,178 days, becoming the longest-serving Speaker in Canadian history.

Commons Speaker marks milestone

OTTAWA Peter Milliken's job might be compared to herding cats, but he's done it longer than anyone in Canadian history.

Milliken is the Speaker of the House of Commons and, as of yesterday, he held the job for 3,178 days, surpassing the tenure of Lucien Lamoureux, a Trudeau-era Speaker.

While few people are likely to recognize the name, they'll likely know the face. On the evening news clips from the Commons, he's the white-haired chap in the black robe trying to keep the exasperation from his voice as he tries to calm a raucous question period.

The 62-year-old MP from Kingston, Ont., was elected the 34th Speaker on Jan. 29, 2001, and has since been acclaimed once and re-elected twice to the post.

It's a tough job. He has to cut himself off from his own party and caucus to avoid any perception of bias. He must maintain order among 307 often-fractious MPs. He has to handle his own constituency work, like any other MP.

He's basically the chief executive officer of Parliament, overseeing budgets and operations for the Commons and the various buildings that make up the parliamentary precinct.

"It's very demanding, time-wise," he said. "You start reasonably early in the morning and you go fairly late at night every day."

THE CANADIAN PRESS

News in brief

ACCESS The Canadian Press has filed a motion in Federal Court seeking the release of sealed documents in the RCMP's security file on storied Prairie politician Tommy Douglas. The former NDP leader caught the attention of the RCMP through his links with left-wing causes, the peace movement and Communist party members.

THE CANADIAN PRESS

Families of crash victims remember loved ones

ALGONQUIN As the Transportation Safety Board looks for the cause of a small plane crash that killed four people, two Sudbury families gathered on Thanksgiving yesterday to mourn their loss but also give thanks for the lives of their loved ones.

Kevin Houle and his wife, Lorraine, both 50, joined by their daughter Emily, 17, and her boyfriend Michael Rollins, also 17, were on their way home Saturday night after visiting Emily's older sister Amber and stepsister Jacqueline in Kingston, Ont.

Kevin Houle

Conrad Houle, the family patriarch, said he is still in shock and cries when he sees his 19-year-old granddaughter, Amber. "She is an orphan," he said.

Kevin Houle, a licensed pilot, was flying the Piper PA-28, a four-seat, single-engine plane, which was discovered Sunday in Algonquin Park.

Transportation Safety Board investigators are looking into the role of a weather system in the area that night, said a board spokesman yesterday.

THE CANADIAN PRESS

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Canada seeks to control Northwest Passage
Canada is moving to firm up control over the disputed Northwest Passage by designating the waters of its eastern entrance a national marine conservation area. Inuit officials have confirmed that talks are progressing on protecting Lancaster Sound, an area north of Baffin Island. THE CANADIAN PRESS

Climate talk prompts walkout

G77 developing nations leave during Canada's speech on global warming

The government's push to abandon much of the Kyoto protocol prompted dozens of developing countries to walk out on Canada's address during recent climate talks in Thailand, The Canadian Press has learned.

The mass walkout came after the Canadian delegation suggested replacing the Kyoto Protocol with an entirely new global-warming pact, according to one of the negotiators and notes taken by others at the meeting.

New agreement sought

- Canada, the U.S., the Europeans, the Australians and others want a new agreement to also bind big developing nations such as China and India to cut greenhouse gases.

A widening and bitter rift between rich and developing countries over climate change was laid bare last week when delegates from 180 nations met in Bangkok to shape a successor to Kyoto before its first phase expires in just over two years.

The developing countries want a new climate deal to complement Kyoto, but Canadian officials told the room they would rather replace Kyoto with one agreement, according to the meeting notes.

Canada's delegation was apparently open to putting "some or all" of Kyoto in a new climate pact, the notes say.

At that point, the South African delegation stood up and led the Group of 77 developing nations out of the room. THE CANADIAN PRESS

Loss of biodiversity worries scientists

ECOSYSTEMS Plants, animals and the places where they live are being wiped out at a quickening pace, leading to a loss of biodiversity that could threaten whole ecosystems, say scientists meeting in South Africa this week.

The international group of experts warns that Canada and more than 100 other signatories to a UN convention have failed to live up to a pledge to significantly reduce biodiversity loss by 2010.

Andrew Hendry, a biologist at McGill University in Montreal, said while there are hopeful signs some countries might be altering the way they manage species and protect habitats, the overall picture remains grim.

"Biodiversity is continuing and, in some places, it's worsening," Hendry said before heading to a four-day conference in Cape Town that starts today. "We continue to see major problems in a lot of tropical countries, particularly where people are quite poor."

"We continue to see major problems in a lot of tropical countries, particularly where people are quite poor."
Andrew Hendry

The 600 scientists attending the meeting of the non-governmental organization, Diversitas, will focus on measures to stem the loss of various species.

Researchers say that greater tracts of land are being swallowed up by commercial interests to feed a growing appetite for natural resources, like lumber and water. THE CANADIAN PRESS

Calgary **Harper gets in a game of cribbage**

JEFF MCINTOSH/THE CANADIAN PRESS

Prime Minister Stephen Harper plays cribbage yesterday with Charles Gagne, left, and Adele Gagnon, at a seniors' residence in Calgary. Harper is in Calgary for the Thanksgiving holiday.

Safest Thanksgiving weekend in years: OPP

HIGHWAYS Ontario Provincial Police are reporting one of the safest Thanksgiving weekends in years on the province's highways.

Sgt. Dave Woodford says so far there's only been one fatality and he is crediting "Operation Impact."

During the weekend-long campaign almost every available officer in the province is on patrol, looking for speeders, impaired drivers and those who aren't buckled up. THE CANADIAN PRESS

Quebec tries to boost voter turnout

POLLS With voter turnout for municipal elections in the doldrums across the country, Quebec is turning to comic relief in a public-relations effort to propel its electorate to the polls this fall.

New TV ads feature a woman asking, "Why should I vote?" as she takes a gulp from a glass of the brown sludge trickling from her kitchen tap.

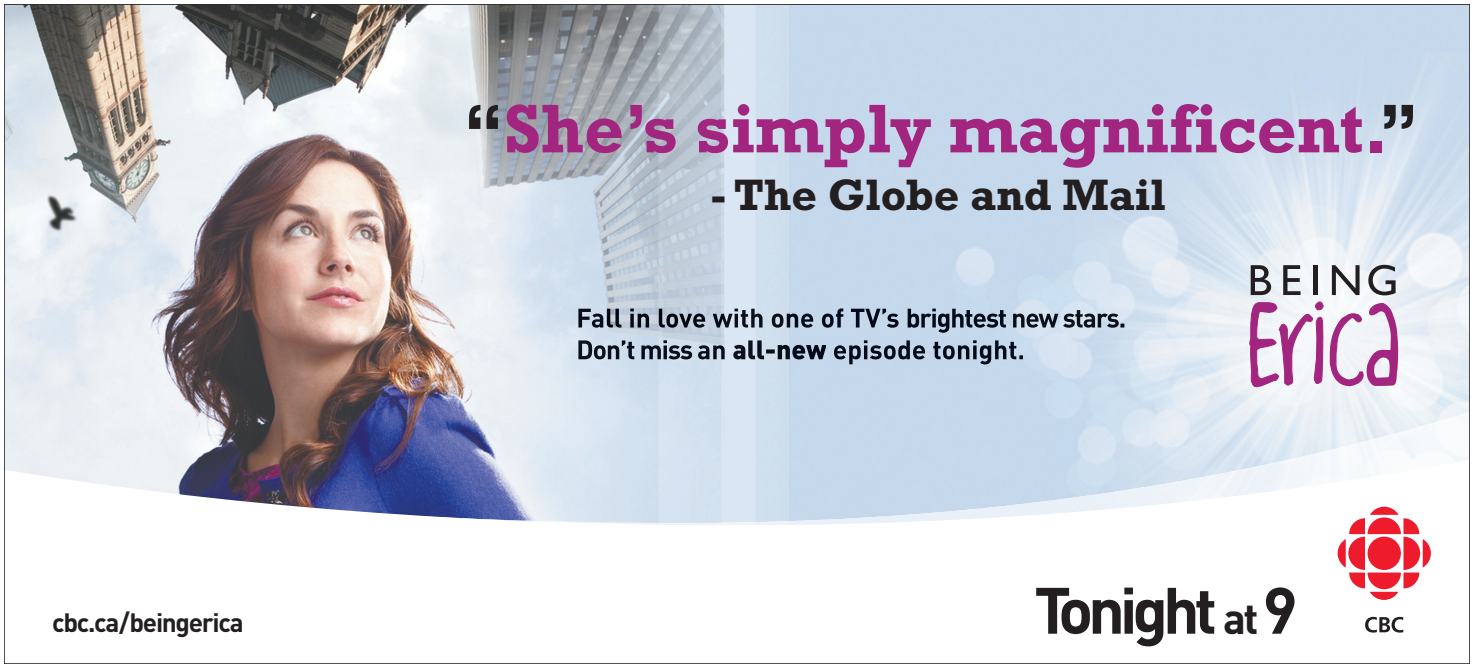
A cyclist asks himself that same question while manoeuvring through mounds of garbage beyond his driveway. One ad shows a man getting a kick in the gut in a crowded park. The host of a fictitious news website, rdn-tv.ca, covers the fallout from an election where nobody bothered voting.

The province's chief electoral officer is spending $1 million on an advertising campaign to highlight the importance of voting in a bid to resuscitate moribund interest for the upcoming municipal elections.

Low turnout is not a problem limited to Quebec — or Canada — as most western countries are struggling to find ways to tackle widespread voter apathy. THE CANADIAN PRESS

News in brief

FIRE Two men are dead after an early morning blaze at a Winnipeg bathhouse. Const. Jason Michalyshen says the investigation is in its early stages but the fire is considered suspicious. THE CANADIAN PRESS



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Cocaine warning issued for Peterborough
Health officials in Peterborough have issued a warning that people who use cocaine in the area may be at risk of severe life-threatening infections due to contamination. THE CANADIAN PRESS

News in brief

BURNING Police in Vancouver are investigating an incident Saturday night in which a man was lit on fire after falling asleep outside. Police say a 26-year-old New Westminster man was out drinking in the Commercial Drive area when he decided to take a nap on a couch that was sitting outside. A witness told police that three men stood over the sleeping man and sprayed some sort of fluid on him before lighting him on fire. The witness ran to help and got into a brief scuffle with the man's attackers, who ran off when another witness came to his aid. The victim was taken to hospital with minor burns to his chest and wrist. Police issued a description of the suspects as white men between 25 and 40 years old, dressed in black, with tattoos and piercings.

ODD FIND A Calgary business owner has made a startling discovery, coming across a bomb in his wall. Three men were painting inside the building Sunday when they found an 81-millimetre artillery shell from the Second World War. The fire department was called in and police cordoned off the area. Police have taken the relic to their firing range to dispose of it. THE CANADIAN PRESS

Ottawa **Food distribution**

PAWEL DWULIT/THE CANADIAN PRESS

Liberal Leader Michael Ignatieff and his wife Zsuzsanna Zsohar serve lunch yesterday at the Shepherds of Good Hope soup kitchen in Ottawa.

Mother of 3 slain kids to testify

COURTS A mother is expected to describe today the unimaginable horror of coming home to find her three children dead.

Darcie Clark will testify at the first-degree murder trial of Allan Schoenborn, the children's father.

He is accused of killing five-year-old Cordon Schoenborn, his eight-year-old brother Max and their 10-year-old sister Kaitlynne in April 2008 in the Merritt, B.C., trailer home.

The B.C. Supreme Court trial, by judge alone, has already heard many heart-wrenching details, including video evidence taken of the crime scene.

Not far from the front entrance of the home, the boys were found lying on the living room couch as if asleep, the TV was on and Max's arm was wrapped protectively over his little brother's chest.

The British Columbia court heard that both boys were either smothered or suffocated. THE CANADIAN PRESS

Watchdog eyes contracts

Report suggests federal favouritism

Too many federal contracts are being snapped up by favoured suppliers without real competition, says Canada's procurement watchdog.

Departments hand out plum contracts to lone suppliers at prices that might be lower if other companies were given a proper chance to bid, Shahid Minto suggests in his first-ever report to Parliament.

The report draws on a review of some of the $1.7 billion worth of sole-source contracts the federal government signed between 2005 and 2007.

Untendered contracts, which were at the heart of the recent eHealth scandal in Ontario, are allowed at the federal level under certain conditions: If there are no other suppliers who can do the work, or if there is an emergency, along with other limited exceptions.

But Minto's report, which focused on Health Canada, the Canada Revenue Agency, National Defence and Fisheries and Oceans, found it was too easy to skew the procurement process in favour of suppliers that officials preferred.

For example, there was scant evidence in the files that bureaucrats did any homework about other potential suppliers.

"We expected, as a good business practice, that most of the procurement files would include documentation to indicate that some form of market research had been conducted," says the report. THE CANADIAN PRESS

Sole source

- Federal rules also say a department that intends to issue a sole-source contract must advertise the fact publicly for a minimum of 15 days to allow potential competitors to consider whether to make a bid.

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vancouver 2010
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New Brunswick rooming house fire kills man
RCMP are probing a weekend fire at a rooming house in southeastern New Brunswick that claimed the life of a man in his 40s and left 10 other people temporarily homeless. THE CANADIAN PRESS

B.C. team competes in NASA space challenge

They've put in more than 3,000 hours to have a shot at prize money and prestige awarded by NASA. Not to mention the claim they're working to save humanity.

But all those prospects are far from the minds of these University of British Columbia students — about as far away as the celestial body they're aiming to conquer.

The Thunderbird Robotics club has been working tirelessly to build a moon dust-shovelling robot, which it will set in motion at a NASA-run competition in California next week.

Some 20 teams will be competing in the NASA Regolith Excavator Centennial Challenge Oct. 17, aiming to prove their robot is most agile in excavating moon rock. Along with $500,000 in potential prize money, a winning team will have the opportunity to contribute to the American space agency's future missions. THE CANADIAN PRESS

Choppers are flying high

Canadian helicopter fleet a major player in Afghanistan

Canada's helicopter force in Afghanistan has gone from being the new kid on the block to one of the major players according to its commanding officer.

Seven months ago, the six Chinooks purchased from the Americans began operations here and have seen almost non-stop action ever since.

Previously, Canadian troops had to rely on the kindness of strangers. Now, Canada takes care of its own business.

"You know, we came here thinking that we're going to be the poor kid in Afghanistan. That's not the case," chuckled Lt.-Col. Marc Bigaouette, commander of Canadian Helicopter Force Afghanistan.

"We ask a lot of our people and a lot of ourselves. But we always feel the Americans, they got better equipment, the British are much bigger than us, so we come here and start working with all of them. Initially, we were a tail-end Charlie," he added.

BILL GRAVELAND/THE CANADIAN PRESS

A CH-146 Griffon helicopter flies over a Canadian base in Kandahar province last month. Canada's modest helicopter fleet is taking care of business on its own, rather than relying on other countries.

Canada's modest helicopter fleet includes the six Chinooks and eight CH-146 Griffon escort helicopters. Initially, the Canadians were just helping out but it wasn't long before they were planning and conducting their own missions.

"It did not take long before a number of the allies manifested an interest in working with us and I think that's a tribute to the way the guys here planned their missions," said Bigaouette.

Bigaouette estimates Canadian Chinooks transported approximately 10,000 Canadian and U.S. troops in the past six months. He notes that being in a country with a modest population and even more modest means the kind of helicopters that were ultimately purchased had to be practical.

THE CANADIAN PRESS

Would you like fries with that ride?

People were once incredulous when Dylan Perceval-Maxwell told them his car ran on the discarded deep-fryer oil he collected from fast-food restaurants.

But that was before the price of gasoline rocketed past 40 cents a litre, doubled, and finally blew beyond a dollar.

Now when the environmental activist talks about his green vehicle's savings on fuel, other motorists are keen to know how it works.

Perceval-Maxwell is among the small number of Canadian drivers who fuel their diesel engines more cheaply, and cleanly, with vegetable oil. He began experimenting in the early 1990s by pouring recycled cooking oil into the diesel already in his tank.

THE CANADIAN PRESS

Savings

- Advocates of vegetable fuel suggest it can shave more than 80 per cent off the cost of filling your tank, while reducing carbon emissions.

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Man in coma after apparent hate crime

New York City police say a 49-year-old gay man leaving a corner deli near his home was beaten by two men who had yelled anti-gay slurs while he was in the store. Jack Price remains in a medically induced coma in serious but stable condition. THE ASSOCIATED PRESS

World

No presents for troops on front line?

Thinking of sending a Christmas gift to a British soldier on the front lines? Don't bother. That's the advice from the U.K. Defence Ministry, which warns that the military's mail delivery system may be overtaxed if well-meaning citizens send too many goody boxes for the troops. Instead of making individual purchases and sending them to Afghanistan, the department advises people to work with specified charities that can provide practical gifts to the soldiers. THE ASSOCIATED PRESS

Millions will starve: UN

Poor countries need $44B aid a year by 2050, FAO says

Agricultural investment in developing countries will have to increase more than fivefold to ensure that by 2050 the world has enough to eat, a UN food agency said yesterday.

Poor countries will need a yearly $44 billion US of development assistance in agriculture compared with the current $7.9 billion, the Food and Agriculture Organization said as it opened a two-day forum of experts on how to feed the world in 2050.

By then, population is expected to rise from 6.7 billion people to 9.1 billion and the world's food output will have to increase by 70 per cent, the agency said in a statement.

9.1B

Expected world population in 2050

Investments in developing nations are needed to increase access to irrigation systems, modern machinery, as well as to build roads and train farmers.

"The challenge is not only to increase global future production but to increase it where it is mostly needed and by those who need it most," FAO Director-General Jacques Diouf said.

"There should be a special focus on smallholder farmers, women and rural households and their access to land, water and high quality seeds ... and other modern inputs."

Diouf told the 300 experts gathered at the Rome-based agency that agriculture faces the challenge of climate change, which is increasing extreme events like floods and droughts. The effects of climate change could reduce output by up to 30 per cent in Africa and up to 21 per cent in Asia, he said.

Food production must also compete with biofuel production, which is set to increase nearly 90 per cent over the next 10 years. While more environmentally friendly than coal and oil, fuels that are made from food crops, like corn-based ethanol, are often seen as helping to increase commodities prices and swell the ranks of the world's hungry.

In June, the FAO said the number of hungry people had reached a record one billion under the combined effect of the global financial crisis, high food prices, war and drought.

THE ASSOCIATED PRESS

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Kenya **Proud step-grandma**

SAYYID AZIM/THE ASSOCIATED PRESS

Sarah Obama, step-grandmother of U.S. President Barack Obama, reads her local newspaper Saturday in Kenya. The Norwegian Nobel Committee stunned many with its decision Friday to award the Obama the peace prize so early in his presidency for his initiatives to reduce nuclear arms and defuse tensions.

Syria prohibits smoking in public

DAMASCUS Syria's president yesterday issued a decree banning smoking in public places, joining an anti-smoking trend already underway in other Arab countries. The ban also includes a rare restriction in the Arab world: limiting places where Syrians can indulge in the hubbly bubbly — water pipes known as argileh.

President Bashar Assad's decree bans smoking in restaurants, cafes, cinemas and theatres. Such laws are not easily enforced in the Arab world, where people light up in offices, taxis and even hospitals and where smoking has long been a social imperative and a rite of passage for men. Packs can cost as little as 50 cents.

THE ASSOCIATED PRESS

Nobel hot streak continues for women, Americans

AWARDS Elinor Ostrom became the first woman to win a Nobel Prize in economics, honoured along with fellow American Oliver Williamson yesterday for analyzing economic governance — the rules by which people exercise authority in companies and economic systems.

Ostrom was also the fifth woman to win a Nobel award this year — a record for the prestigious honours.

It was also an exceptionally strong year for the United States, with 11 American citizens — some of them with dual nationality — among the 13 Nobel winners. Ostrom, a political scientist at Indiana University, showed how common resources — forests, fisheries, oil fields or grazing lands — can be managed successfully by the people who use them, rather than by governments or private companies.

THE ASSOCIATED PRESS

BERTIL ERICSON/THE ASSOCIATED PRESS

A screenshot showing Elinor Ostrom and Oliver E. Williamson, 2009 winners of the Nobel economics prize.

News in brief

FRANCE A French judge has filed preliminary charges against a physicist at the world's largest atom smasher who is suspected of al-Qaida links, a judicial official said. The 32-year-old Frenchman of Algerian origin, who works on the Large Hadron Collider, is suspected of involvement with al-Qaida in the Islamic Maghreb, a North African group that targets Algerian government forces and sometimes attacks foreigners. He was arrested Thursday in France. In line with French judicial policy, he has not been identified. French officials have said the suspect has acknowledged that he corresponded online with the group and vaguely discussed plans for terror attacks. The well-educated physicist is one of more than 7,000 scientists working on the collider, which straddles the border between France and Switzerland.

MEXICO Tropical Storm Patricia was strengthening yesterday as it inched closer to the tip of the Baja California Peninsula, prompting the Mexican government to issue a tropical storm watch for the resort-dotted southern part of the peninsula. Patricia's centre was located about 345 kilometres south of the tip of Baja California yesterday afternoon.

THE ASSOCIATED PRESS

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Polish ambassador hit by lightning
Poland's ambassador to Montenegro was seriously injured and another man died after they were struck by lightning during a mountain-climbing expedition, doctors said yesterday. Ambassador Jaroslaw Lindenberg was admitted to a hospital with injuries including a broken arm, a broken heel and burns. THE ASSOCIATED PRESS

U.S. insurance companies on the attack

Take aim at health care bill

U.S. insurance companies aren't playing nice any more on the health care overhaul.

The industry put out a report yesterday concluding that the Senate's health care legislation would drive up costs to consumers, delivering a dire message at a crucial point in the debate and potentially threatening President Barack Obama's top domestic priority.

The White House and congressional Democrats dismissed the late-incoming message as a "hatchet job." But it put them on the defensive a day ahead of a pivotal vote in the Senate Finance Committee on sweeping legislation that aims to achieve Obama's goals of extending coverage to the uninsured and curtailing spiraling medical costs.

The study commissioned by America's Health Insurance Plans marked a shift in strategy by the industry, which had been working for months behind the scenes to help shape health care legislation. With the Senate panel set to vote on legislation the industry fears could result in a loss of revenue, the insurers went on the attack, in dramatic fashion. THE ASSOCIATED PRESS

Projected cost

- The study commissioned by America's Health Insurance Plans projects the legislation would add $1,700 a year to the cost of family coverage in 2013, when most of the major provisions in the bill would be in effect.

Bangladesh **Stand against violence**

PAVEL RAHMAN/THE ASSOCIATED PRESS

Dhaka University students hold posters to protest against the death of a female student who allegedly was killed in domestic violence in Dhaka, Bangladesh, yesterday. Posters read in Bangla "Stop domestic violence" and "Stop physical assault."

News in brief

RUSSIA A top Russian general aimed tough remarks at the U.S. yesterday before Secretary of State Hillary Rodham Clinton's visit, reconfirming plans for multiple-warhead missiles and warning Washington that refitting rockets with conventional warheads would raise the risk of nuclear war.

ELECTION The pro-Kremlin party dominated an election for Moscow city council and other local votes across Russia, results released yesterday showed. With 99 per cent of the Moscow vote counted, United Russia won 66 per cent and the Communist Party 13 per cent. No other party cleared the seven per cent threshold to win seats on the city council. THE ASSOCIATED PRESS

Blast kills 41 in Pakistan

TALIBAN A suicide car bombing targeting Pakistani troops killed 41 people yesterday, the fourth grisly militant attack in just over a week, as the Taliban pledged to mobilize fighters across the country for more strikes.

The Taliban also claimed responsibility for the 22-hour weekend attack on the nation's heavily fortified army headquarters, saying a cell from Pakistan's most populous province carried out the raid.

The claim that a Punjabi faction of the Pakistani Taliban was behind that strike is a sign the insurgents have forged links with militants outside their main strongholds in Pashtun areas close to the Afghan border, increasing their potency.

The army, however, maintained it was launched from South Waziristan — where the military is preparing for what will likely be a long and bloody offensive against the major base of the Taliban along the frontier. THE ASSOCIATED PRESS

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Spain places suspected pirates in custody

Spain says two Somalis arrested for allegedly taking part in the Oct. 2 hijacking of a Spanish trawler have been brought to Madrid. THE ASSOCIATED PRESS

British PM forced to repay money for maid

In the latest blow to Gordon Brown's beleaguered leadership, the British prime minister is being forced to repay more than $20,000 in disputed claims following an audit into how British lawmakers spent public money.

Dozens of lawmakers received letters yesterday from Thomas Legg — who Brown appointed to audit expense claims — asking them to repay the money or offer further explanations for why they claimed it. Legg was chosen to rewrite the spending rules in an effort to quell public outrage over lawmakers' greed for taxpayer funds.

Gordon Brown

Brown's office confirmed yesterday that he will pay back some money claimed for a maid and for decorating, but said Legg had told Brown he had not broken any rules.

Brown has urged all lawmakers to repay the excessive claims identified by Legg.

Details of legislators' claims, which were leaked to a newspaper earlier this year and later released publicly, revealed how scores of politicians made inappropriate demands or manipulated housing allowance rules.

Some used public funds to renovate homes that were later sold for substantial profits or bought items that included pornographic movies, horse manure and an ornamental duck house. THE ASSOCIATED PRESS

French crying nepotism over Sarkozy's son

PARIS He's 23 and has no college degree, and he's angling for a plum job overseeing France's premier business district. Jean Sarkozy, whose father is the nation's president, is likely to get what he wants.

Outraged critics are crying nepotism, and say the brash bid by President Nicolas Sarkozy's son is an affront to France's egalitarian values. Jean Sarkozy's conservative backers insisted yesterday that he's qualified to chair EPAD, the quasi-governmental agency that manages the La Defence financial district on the western outskirts of Paris. Some 150,000 people commute to work in the sprawling complex of skyscrapers that houses the headquarters of some of Europe's biggest companies.

More than 31,000 people had added their names to an online petition as of yesterday urging Jean Sarkozy to drop his designs on the job. THE ASSOCIATED PRESS

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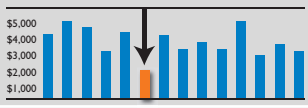

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Governator signs gay marriages bill

Gov. Arnold Schwarzenegger signed a bill recognizing gay marriages sanctioned in other states during the time such unions were legal in California. THE ASSOCIATED PRESS

Afghan vote setback

Ongoing drama, confusion stall work of election commission

Efforts to resolve Afghanistan's fraud-marred presidential election suffered a new setback yesterday when one of two Afghans on the commission looking into alleged cheating quit over "foreign interference."

Abdullah Abdullah

Allegations of widespread fraud in the Aug. 20 balloting threaten to scuttle the international strategy to combat a burgeoning Taliban insurgency as public support for the war wanes in Western nations.

The U.S. and its international partners are anxious for a UN-backed commission to wrap up its investigation into fraud charges and determine whether President Hamid Karzai won or must face second-place finisher Abdullah Abdullah in a runoff.

Maulavi Mustafa Barakzai, one of two Afghans on the commission, said he was resigning because the three foreigners on the panel — one American, one Canadian and one Dutch — were "making all decisions on their own."

A spokeswoman for the Electoral Complaints Commission, Nellika Little, rejected Barakzai's allegation, and said the group would carry on its investigation.

It appeared Barakzai's highly public resignation might be a bid by Karzai's supporters to discredit the commission. Initial results last month showed Karzai winning the election with 54 per cent of the vote.

The chairman of the commission, Canadian Grant Kippen, acknowledged yesterday it had misinterpreted a statistical analysis used to determine what percentage of votes for each candidate could be voided in ballot boxes deemed fraudulent. But he insisted the rules had not changed, and were statistically sound.

THE ASSOCIATED PRESS

News in brief

FOX HUNTING A top aide to President Barack Obama, White House communications chief Anita Dunn, told CNN yesterday that Fox News Channel operates "almost as either the research arm or the communications arm of the Republican Party." It's another sign the White House is aggressively going after Fox, whose commentators, including Bill O'Reilly, have been strong critics of the Obama administration. Fox News exec Michael Clemente says most viewers can distinguish news from opinion. THE ASSOCIATED PRESS

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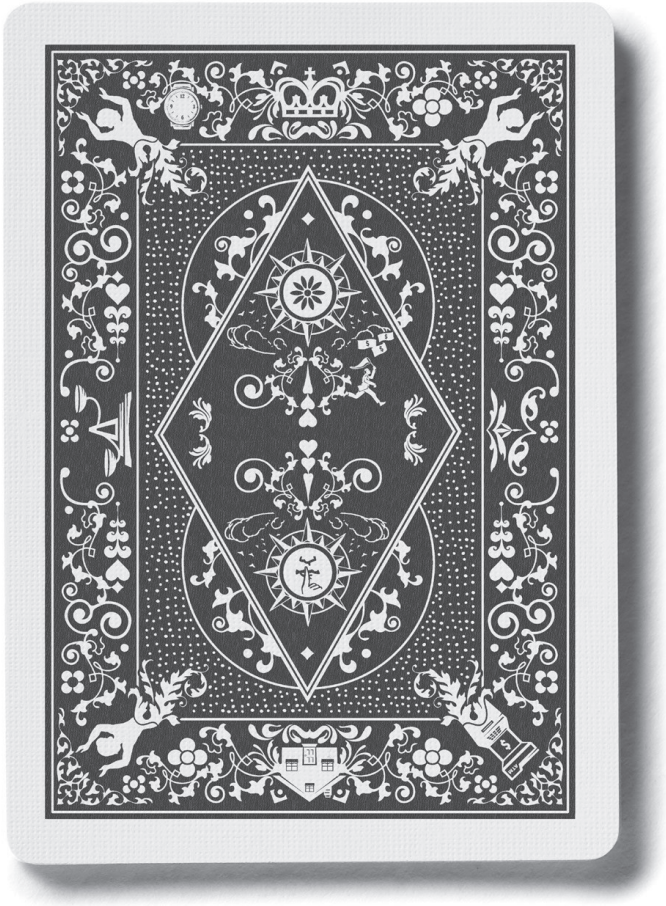

1) Watch with no hands: Losing all track of time when you gamble? 2) House: Gambling with money needed for essentials? 3) Bank Machine: Often spending more money than you intended? 4) Unbalanced scale: Having few interests outside of gambling? 5) Fingers to lips: Hiding your gambling from family or friends? 6) Visit checkyourblindspot.ca to reveal Sign Six.

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GALI TIBBON/THE ASSOCIATED PRESS

Israeli Prime Minister Benjamin Netanyahu speaks yesterday during the opening of the winter session at the Knesset, Israel's Parliament, in Jerusalem.

No war crime trials: Israeli PM

Israeli Prime Minister Benjamin Netanyahu yesterday vowed never to allow Israeli leaders or soldiers to stand trial on war crimes charges over last winter's military offensive in the Gaza Strip, furiously denouncing a UN report in a keynote address to parliament.

Netanyahu's fiery rhetoric — and his decision to open the high-profile speech with remarks on the report — reflected the deep distress felt among Israeli leaders after a UN commission accused Israel of intentionally harming civilians when it launched a massive attack in Gaza to stop years of rocket fire.

"This distorted report, written by this distorted committee, undermines Israel's right to defend itself. This report encourages terrorism and threatens peace," Netanyahu said at the opening of parliament's winter session. "Israel will not take risks for peace if it can't defend itself."

The UN report, compiled by a team led by former war crimes prosecutor Richard Goldstone, accused Israel of using disproportionate force, deliberately targeting civilians and destroying civilian infrastructure during a three-week offensive against Hamas militants last winter.

The report also accused Hamas of war crimes by deliberately targeting civilians and trying to spread terror with rocket attacks.

THE ASSOCIATED PRESS

News in brief

MISSILES North Korea test-launched five short-range missiles yesterday, reports said, in a possible attempt to improve its bargaining position ahead of possible talks with the United States. North Korea has recently reached out to the U.S. and South Korea following months of tension over its nuclear and missile tests earlier this year.

HONOUR KILLING A Jordanian man has been convicted of murder for stabbing his18-year-old sister because he believed she was having a romantic relationship out of wedlock. He was sentenced to 15 years in jail. THE ASSOCIATED PRESS

RESEARCH STUDY

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Comment

Bob Rae waiting at the Grit gates

NationalReport
Lawrence Martin

metronews.ca/nationalreport

One of Michael Ignatieff's close caucus supporters said to me the other day, "We're still supporting Michael, but Bob Rae has gained our trust."

He went on to list some of the reasons he and others now have more faith in Rae than Iggy. At the Sudbury party meeting last month, Rae got it right. He was saying, behind the scenes, that Iggy should not be pushing for an election because it would make him look just as the Conservative attack ads were depicting him — an opportunist. Iggy didn't take Rae's advice. He vowed to bring down the government as soon as possible. But the gambit has done more to bring him down than the prime minister. Caucus members now say they will undercut any order by Iggy to defeat the government by conveniently being absent on voting day.

In June, Ignatieff's team was pressing for a summer election. Rae cautioned against such a move, saying the party wasn't ready and summer wasn't the time. But the leader came out sounding hawkish, ready to go. Then he suddenly pulled back when told his party wasn't financially ready. In so doing, he looked feckless.

The far more experienced Rae has told associates he is not happy with Ignatieff's handling of the job. A participant at morning meetings with the leader and some MPs says Rae's performance there has been noticeably less enthusiastic in recent times. Former prime minister Jean Chrétien, whose old team is replete with Rae supporters, complained recently that he hasn't been hearing much from the Liberal leader. Even Prime Minister Stephen Harper, he said, calls him more often.

On the weekend, Rae had to come forward to deny he orchestrated a move by a group of Liberal senators to amend a crime bill, a bill that Ignatieff was supporting.

As common sense would suggest, Rae, who fell short in a couple of runs for the crown, still has leadership ambitions. He can protest that he is being loyal, that he is doing nothing to encourage his supporters. But with the party in a free fall, disgruntled caucus members are going to talk and journalists are going to listen.

The last thing the Liberals need at this point is a new outbreak of leadership feuding. But unless Ignatieff reverses his slide, that's what they'll get.

Lawrence Martin is a journalist and author of 10 books who writes about national affairs from Ottawa.

Views

Higher taxes may be the only solution

InBusiness
Charles Davies

metronews.ca/inbusiness

Read their lips: No new taxes. Stephen Harper's Conservatives and Michael Ignatieff's Liberals keep saying we can gradually eliminate the burgeoning federal deficit without raising taxes. Economic recovery is supposedly going to provide the tax revenues that, along with some judicious cuts in program spending, will put the nation back in the black sometime after 2015. It will all be so gradual you won't really feel it.

Only children and incurably gentle folk are likely to be taken in by such mendacity. To get some idea of our current deficit problem and the choices we face, we should cast our minds back to 1993. The deficit that year came in at a then record $42 billion, prompting people like the IMF to wonder if we were on our way to becoming a Third World country.

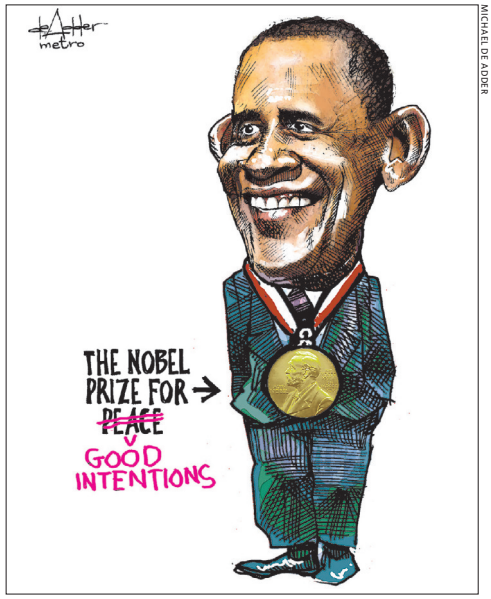
The newly elected Chrétien Liberals did indeed lick the deficit. Economic growth helped, but we shouldn't forget that the federal government whacked more than $12 billion from program spending over three years as well as chopping social transfer payments to the provinces.

This time, we have a deficit that's going to hit at least $56 billion. A slowly recovering economy won't readily generate additional tax revenues. For one thing, the Canadian dollar, which was low enough to spur export gains in the 1990s, is stronger now. And the key U.S. market will be depressed for some time.

Cutting transfers to the provinces isn't much of a solution either since all but Saskatchewan are running deficits at the moment. Nor is there much room to cut federal spending, given that significant chunks of what Ottawa lays out — $19.2 billion on national defence in fiscal 2010, for example — are more likely to grow than shrink.

So what's a prime minister to do? Raise taxes, either in the form of GST points or personal levies. A minority government won't get away with it, but if one or the other major parties wins a majority at the next election, higher taxes will likely be part of any deficit reduction package.

Charles Davies is a veteran business writer who has worked for Canadian and international news organizations.



MICHAEL DE ADDER

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Google board member averts conflict of interest

Google Inc. says board member Arthur Levinson, who is also a director of computer maker Apple Inc., is stepping down, removing a potential conflict of interest as the two companies look to compete more directly. THE ASSOCIATED PRESS

Business

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EDITOR: FERMIN.DESOUZA@METRONEWS.CA

Business in brief

DRUGS Onyx Pharmaceuticals said yesterday it will buy cancer drug developer Proteolix Inc. in a deal that could be worth as much as $851 million US. Onyx will pay $276 million upfront for the South San Francisco company, gaining Proteolix's cancer drug candidate carfilzomib, which is being tested as a treatment for multiple myeloma, non-Hodgkin lymphoma, and solid tumours. Its drugs are designed to trigger cancer cell death.
THE ASSOCIATED PRESS

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U.S. stocks pare gains

Investors waiting for earnings reports to flow in traded cautiously yesterday, giving up early gains and leaving the U.S. market narrowly mixed. The Dow Jones industrials reached a new 2009 trading high, edging closer to 10,000.

RICHARD DREW/THE ASSOCIATED PRESS

Trader Dudley Devine, foreground, works on the floor of the New York Stock Exchange. While Canadian stock exchanges were closed yesterday, markets around the world rallied.

Volume was light because of the Columbus Day holiday in the U.S.

A weaker dollar and a spike in oil prices drove energy and materials prices higher, but weakness in technology and industrial shares held the market back. Stocks got an early boost from a better-than-expected profit report from Dutch company Royal Philips Electronics. That sent Britain's leading stock indicator to its highest level in a year.

Investors looked ahead to the flurry of earnings due this week from key companies including Intel Corp., Johnson & Johnson, IBM Corp. and General Electric Co.

The Dow traded as high as 9,931, just 69 points away from 10,000, a level not seen in a year.

According to preliminary calculations, the Dow closed up 20.86, or 0.2 per cent, at 9,885.80.
THE ASSOCIATED PRESS

Barrick acquires 70% of Chile mine

GOLD Barrick Gold Corp. said yesterday it has bought a 70 per cent stake in the El Morro copper-gold project in Chile from Xstrata Plc's Chilean subsidiary for $465 million US.

"The acquisition of Xstrata's 70 per cent interest in the El Morro project will add another large, high quality gold-copper resource to Barrick's portfolio," said Aaron Regent, president and CEO of the Canadian company.

The other 30 per cent interest in El Morro is owned indirectly by New Gold Inc., Barrick said.
THE CANADIAN PRESS

Cost and scale challenge carbon capture technology

EMISSIONS The individual pieces of a carbon capture and storage puzzle have been around for a while, but there's a long way to go before those fragments can be assembled at a big enough scale and cheap enough to put a worthwhile dent in greenhouse gas emissions.

"At large scale it's not been done, and we need to learn how to do it in a much more cost-effective manner," said Eddy Isaacs, executive director of the Alberta Energy Research Institute.

The technology — which got a $865-million boost from the Alberta and federal governments last week — involves separating climate-change-causing carbon dioxide from industrial emissions and injecting the gas deep underground, rather than letting it escape into the atmosphere.

Refineries, petrochemical plants and other industrial facilities have employed the "capture" part of the equation for some time, using special chemicals to scrub poisonous hydrogen sulphide and other contaminants from their emissions.
THE CANADIAN PRESS

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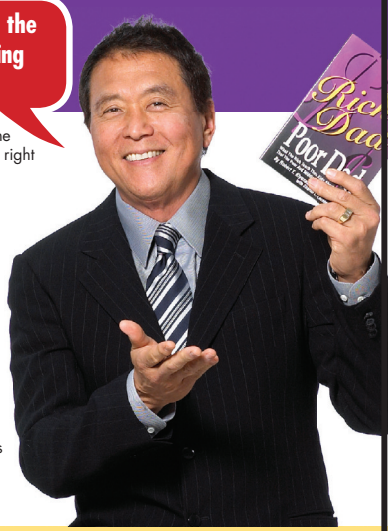

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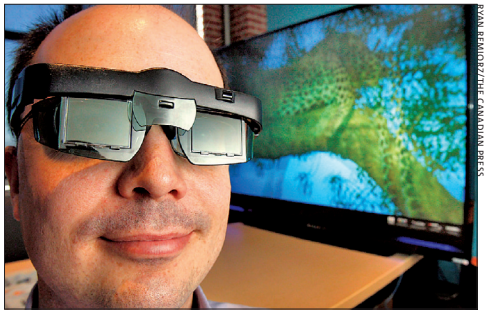
Paper demand wearing thin
A two-week shutdown starts today at Corner Brook Pulp and Paper in Newfoundland. The company blames the downtime on unfavourable market conditions, loss of orders, the high Canadian dollar and the low price of newsprint. THE CANADIAN PRESS


RYAN REMIORZ/THE CANADIAN PRESS

Nicolas Routhier of Sensio Technologies is helping to develop industry standards for 3-D TV, which will require special glasses.

Coming soon: TV that really stands out

Now that 3-D movies are in theatres, the next stop for this digital technology could be the living room.

Major TV makers are moving to 3-D sets, hoping that consumers will want to feel like they're almost inside what they're watching, but analysts say it could be years before the technology is mainstream.

Mitsubishi has a 3-D-ready TV and Sony and Panasonic are among manufacturers expected to hit the consumer market in 2010 with TVs that could cost at least $5,000. Consumers will still have to wear special glasses, but digital 3-D is a smooth experience.

The manufacturers are following the lead of the movie major studios, which have embraced 3-D with movies like Monsters vs. Alien. Director James Cameron, of Titanic, is releasing his widely anticipated 3-D movie, Avatar — part animation, part live action — in December.

For consumers, 3-D will be another choice, alongside high-definition and Internet-connected TVs, but they won't be sitting down to watch their favourite programs in three dimensions anytime soon.

"You're looking at many, many years … before any kind of typical television programming would be 3-D," said Forrester Research analyst James McQuivey.

What consumers would likely see are sporting events, movies on DVD, video games and pay-per-view concerts, he said.

"A three-dimensional hockey fight is probably something a lot of fans would love to see," he said.

McQuivey noted there aren't yet any accepted standards for 3-D TV, and sets will all be different in terms of how they display the technology.

Montreal's Sensio Technologies would like to see its 3-D technology in TV sets. CEO Nicolas Routhier said the first days of 3-D TV will likely be confusing for consumers, but 2010 will be the beginning of 3-D in the home. His company is part of a consortium working to create 3-D standards.

"The content has got to be what really drives this," said analyst Ben Bajarin. Consumers want to be drawn in or "immersed," even seeing what a character is seeing.

"It can't just stop at where stuff just flies at you," he said.

McQuivey said TV shows will have to adapt to 3-D, noting most 3-D experiences involve action at the centre of a person's vision.

"If everything were fully three-dimensional, you would probably bend over and lose your lunch."

THE CANADIAN PRESS

Ex-Nortel CEO seeks $12M from company

OUTRAGE A spokesman for a group of Nortel pensioners and former employees was "shocked" to learn that recently departed CEO Mike Zafirovski is seeking more than $12 million from the insolvent Canadian tech company.

Zafirovski's claim, one of many filed with a U.S. bankruptcy court that's dealing with Nortel's restructuring, wants half the money to pay for a life annuity pension benefit.

"I'm frankly staggered by his effrontery."
Tony Marsh, spokesman for Nortel retirees' group

"I was amazed and I'm frankly staggered by his effrontery," said Tony Marsh, spokesman for the retirees' group.

Zafirovski's claims will be considered along with those filed by other former employees and pensioners, as well as suppliers and trade creditors, financial backers and governments.

THE CANADIAN PRESS

Business in brief

DUBAI DEBT A holding company controlled by Dubai's ruler says it repaid a $250 million loan to French bank BNP Paribas, the latest attempt by the indebted emirate to chip away at credit obligations of at least $80 billion. Investors are waiting for news on a $3.5 billion loan due this year to another Dubai state company.

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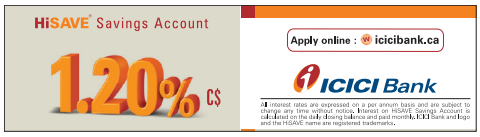
Your Money

EDITOR: FERMIN.DESOUZA@METRONEWS.CA



Turning back to cash

Debit cards really are great tools if you avoid the fees and don't use overdraft protection.

AlisonOnMoney
Alison Griffiths
metronews.ca/alisononmoney

This just in from the recession wars south of the border. Americans are turning to debit cards and away from credit cards, according to the Washington Post. The annualized decline of 8.1 per cent in the use of credit is the first in decades and is matched by an increase in debit cards and cash for purchases.

But beware — even with debit cards and cash there are pitfalls. First of all, pernicious overdraft protection makes it almost as easy to tip into debt as with credit cards. And the protection comes at a price — 21 per cent interest on the overdrawn balance plus a $5 fee for each overdrawn transaction is the average at the major banks, depending on your account. Carrying a balance on a low-interest credit card would actually be cheaper.

Additionally, debit card devotees can run up fees if you go over the transaction limit for your account. And don't forget, even with premium accounts there are usually charges for withdrawals at non-home bank machines, typically at least $1.50 each.

I often put the overdrawn, overdebited and overcharged on a cash diet for awhile, but long term it makes tracking spending difficult unless you are vigilant about recording purchases. You know how it goes — the machine spits out $100, it's gone within a day and you haven't a clue where it went.

Debit cards really are great tools if you avoid the fees and don't use overdraft protection. You can easily track your purchases every month, which helps you stay on budget.

Make sure you check your balance regularly and stay on top of automatic debits. Here's a tip: Adjust those debits so they come out of your account a day or two after your paycheque is deposited. That way you won't get a false sense of riches when you see your balance. As for cash, limit yourself to a set sum for incidentals; take out that money once a week and make sure it lasts until the next withdrawal.

Alison's Money Rule:

- Getting into the debit card and cash habit can help you break the credit card habit. But it only works if you know the pitfalls.

Alison Griffiths is a financial journalist, author and host of Maxed Out on the W Network. Write to her at alison@alisongriffiths.ca.

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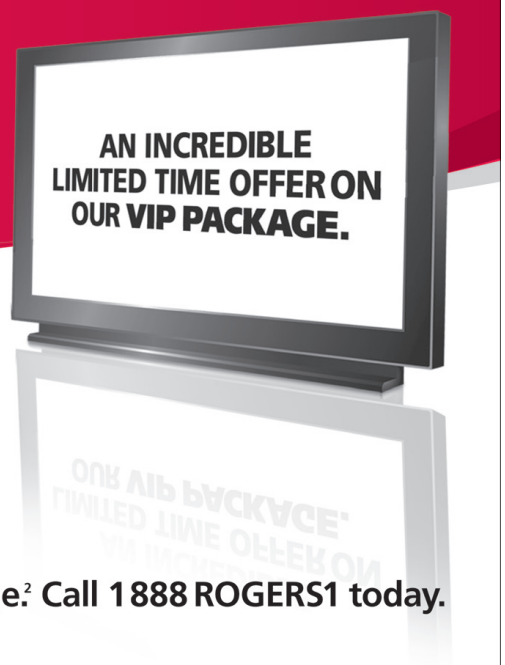

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Fans to pick Grey Cup halftime setlist

Blue Rodeo will perform during next month's Grey Cup halftime show, with fans choosing the Canadian band's three-song playlist. An online vote at www.greycuphalftimeshow.ca allows fans to choose from 10 songs for the performance Nov. 29 at Calgary's McMahon Stadium, the Canadian Football League announced yesterday. THE CANADIAN PRESS

Sports

Beckham loan 'probable'

AC Milan CEO Adriano Galliani says it looks good that David Beckham, left, will join the club on loan again from the MLS's Los Angeles Galaxy in January. Speaking at a meeting in Monaco yesterday, according to the ANSA news agency, Galliani said: "It's very probable that Beckham will come to Milan on loan until June 30." THE ASSOCIATED PRESS

EDITOR: CHRIS.CLEMENTS@METRONEWS.CA

Jays bolster front office

BLUE JAYS Alex Anthopoulos has continued his makeover of the Toronto Blue Jays' front office by luring Dana Brown from the Washington Nationals to serve as a special assistant to the general manager.

The hiring, which is expected to be announced today, was confirmed yesterday by a source requesting anonymity to The Canadian Press.

Brown mentored Anthopoulos while both were with the Montreal Expos at the start of the decade, but remained with the club as it moved to Washington, serving as its director of amateur scouting.

Anthopoulos, a Montreal native, joined the Blue Jays after the 2003 season, climbing up the organization until he was named general manager in place of the fired J.P. Ricciardi a week and a half ago.

Brown was hired as Expos scouting director in 2002 after working eight years in scouting for the Pittsburgh Pirates. Players drafted under his watch include all-star third baseman Ryan Zimmerman, Chad Cordero, Chris Marrero, Ross Detwiler and, this past summer, Stephen Strasburg.

More changes are expected in the coming weeks as Anthopoulos continues a methodical review of the entire operation.

THE CANADIAN PRESS

Scouting shuffle

- Dana Brown's hiring comes on the heels of a major shuffle of the scouting and player development departments announced Friday. That shakeup led to the firing of farm director Dick Scott, Pacific Rim scouting head Rob Ducey and triple-A Las Vegas 51s manager Mike Basso. It also put player development under the guidance of Tony LaCava, who remains assistant general manager but is now the No. 2 man under Alex Anthopoulos.

Sports in brief

HOCKEY Vladislav Tretiak was named general manager of Russia's hockey team for the 2010 Winter Games in Vancouver by the Russian Ice Hockey Federation yesterday. The 57-year-old former Soviet goaltender and federation president is Russia's most accomplished Olympic hockey veteran with three gold medals and a silver.

MLB PLAYOFFS Ryan Howard hit a two-run double with two outs in the ninth inning and scored on Jayson Werth's single as the Philadelphia Phillies rallied past the Colorado Rockies 5-4 last night to reach the National League Championship Series. Brad Lidge earned his second straight save, once again retiring cleanup man Troy Tulowitzki with two on to end it.

METRO NEWS SERVICES

FRANK FRANKLIN II/THE ASSOCIATED PRESS

Toronto goalie Vesa Toskala, from left, stands near teammates Matt Stajan and Luke Schenn as the New York Rangers celebrate a goal by Ryan Callahan last night in New York. The Rangers beat the Leafs 7-2 at Madison Square Garden.

Leafs sitting dead last

Rangers embarrass winless Buds at Madison Square Garden

NHL RESULT

Toronto 2 N.Y. Rangers 7

TORONTO MAPLE LEAFS AT NEW YORK RANGERS

The Leafs have sunk to the bottom of the NHL.

With yet another mostly confused effort, this one a 7-2 loss to the Rangers here last night, Toronto has now gone winless (0-4-1) in its first five games of the season.

The team is approaching the futility of the 1990-91 Leafs, which lost its first four games before earning a tie in Game 5 and went on to lose their next two games (0-6-1) to set a franchise mark for the longest winless streak to start the season.

The Leafs aren't quite as bad as that yet. But judging from last night, they're pushing the envelope.

Hours after coach Ron Wilson stressed that his club had to get a good start against the Rangers, Lee Stempniak and Mike Komisarek took back-to-back penalties in the second minute of the game.

The Rangers, presented with 1:09 of five-on-three power plays, had rising star Ryan Calahan punch in a goal at 2:34 out of a goalmouth scramble.

Luke Schenn, trying his darndest to swipe the puck out of harm's way, instead had it bounce backwards off his stick into the net.

This was a harbinger of things to come.

During a second period intermission interview with a New York television station, Leafs GM Brian Burke conceded his club's defence isn't "clicking ... but we work (hard) and I think we'll put it together."

TORSTAR NEWS SERVICE

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Rugby players hospitalized after brawl

Three Romanian rugby players were hospitalized after a fight broke out between players in a Central and Eastern European Rugby Cup match, an official said yesterday. The incident took place Sunday during a match between CSU Arad and RCM Timisoara. Timisoara won the match 42-16. THE ASSOCIATED PRESS

Chicago Cubs file for bankruptcy

BASEBALL The Chicago Cubs baseball team filed for Chapter 11 bankruptcy protection yesterday, a step that will allow its corporate parent to sell the team in an $845-million US deal.

The filing in Wilmington, Del., was anticipated and is expected to lead to a brief stay in Chapter 11 for the Cubs. A hearing on the case was scheduled for today in front of the judge who has been handling the bankruptcy case of the Cubs' owner, Tribune Co.

The Cubs' filing is part of the Tribune Co.'s plans to sell the team, Wrigley Field and related properties to the family of billionaire Joe Ricketts.

THE ASSOCIATED PRESS

Getzlaf siblings no rivals

Ryan's older brother Chris emerging as CFL star in Saskatchewan

STEPHEN JOHNSON
for Metro Canada

It wouldn't be surprising if Chris Getzlaf felt a twinge of sibling rivalry. His younger brother Ryan has already won a Stanley Cup, signed a multimillion-dollar contract, and appears to be a shoe-in for the Olympic hockey team. But Chris is an outstanding athlete in his own right and does not harbour any jealousy.

COURTESY SASKATCHEWAN ROUGHRIDERS

Chris Getzlaf, left, is an emerging star in his role as a slotback with the Saskatchewan Roughriders. He's also the older brother of Anaheim Ducks forward Ryan Getzlaf.

Getzlaf is a starting slotback with the Saskatchewan Roughriders. The road to the Canadian Football League was not an easy one for the six-foot, 200-pound University of Regina product.

"Whether it was the high school or professional level, I was never an immediate starter," said Getzlaf. "I have always had to work hard and prove myself to the coaches."

Getzlaf did have an opportunity to start in 2006 with the University of Regina Rams. He played well enough to attract the attention of CFL scouts and was drafted by the Hamilton Tiger-Cats in 2007.

After a brief stint with the Ticats, Getzlaf was traded to his hometown Saskatchewan Roughriders. "It was a dream come true to return home and play with the Riders. Every young kid in Regina thinks about playing with the Saskatchewan Roughriders."

Even though Getzlaf saw limited playing time with the Roughriders in 2007, he was lucky enough to be part of a team that won the Grey Cup. He saw more duty in 2008, starting five games with 15 receptions for 244 yards.

So far, the 2009 season has been Getzlaf's most productive. To date, the slotback has caught 28 passes for 346 yards and four touchdowns.

While many players would be content playing for their hometown team and being a starter, Getzlaf has his sights set higher. "I would like to get to the point where the quarterback and coaches want to throw to me in the clutch situations. Eventually, I am hoping to win Canadian player of the year."

When Getzlaf is not playing football, he keeps in close contact with his brother, attending hockey games in Anaheim. He describes their relationship as one of healthy competition. "Growing up, Ryan and I played sports together on a fairly regular basis. Even though I'm a couple of years older we even played on the same hockey team.

"I can also say that whenever we got in the normal brother wrestling matches or fights, I was always the victor!"

Sports in brief

NFL Two San Francisco 49ers defenders with concussions could be done for the season. Safety Michael Lewis sustained his third concussion of the season during Sunday's 45-10 loss to Atlanta and was to have further testing during the off week. Linebacker Jeff Ulbrich, who suffered a concussion on the opening kickoff against St. Louis on Oct. 4, is scheduled to be seen by a neurologist tomorrow.

CFL The father of Weston Dressler says the Saskatchewan Roughriders star broke his right leg and suffered a sprained ankle in the team's 32-22 win over the Toronto Argonauts Saturday. Rick Dressler said his son might still be able to return for the CFL playoffs.

SOCCER Italy goalkeeper Gianluigi Buffon plans to undergo surgery in December to relieve pain in his left knee. Buffon said he would attempt to play despite the meniscus problem for a couple more months to help Juventus in the Serie A and Champions League.

NFL The Revs. Al Sharpton and Jesse Jackson attacked the bid by Rush Limbaugh to buy the St. Louis Rams yesterday, saying the conservative radio host's track record on race should exclude him from owning an NFL team. Sharpton sent a letter to NFL commissioner Roger Goodell, arguing that Limbaugh has been divisive and "anti-NFL" in some of his comments.

METRO NEWS SERVICES

METRO CUSTOM PUBLISHING FEATURE

BE PART OF A CANADIAN HALLOWEEN TRADITION

Do you remember toting that little orange UNICEF box with you when you went trick-or-treating as a child? How heavy it became with pennies as you visited each house and, when you finally got it home, the satisfaction you felt knowing that the money you collected would help children in need in other parts of the world?

Well, the spirit of this beloved tradition lives on even if the box does not, as *Trick-or-Treat for UNICEF* enters its fifty-fourth year as the most popular Halloween fundraising campaign in Canada. Since 1955, children across the country have raised more than $95 million dollars for *Trick-or-Treat for UNICEF.*

This year, *Trick-or-Treat for UNICEF* is gearing up to reach the fundraising milestone of $100 million dollars raised to help children around the world since the campaign began more than a half-century ago. And UNICEF needs your help to get there.

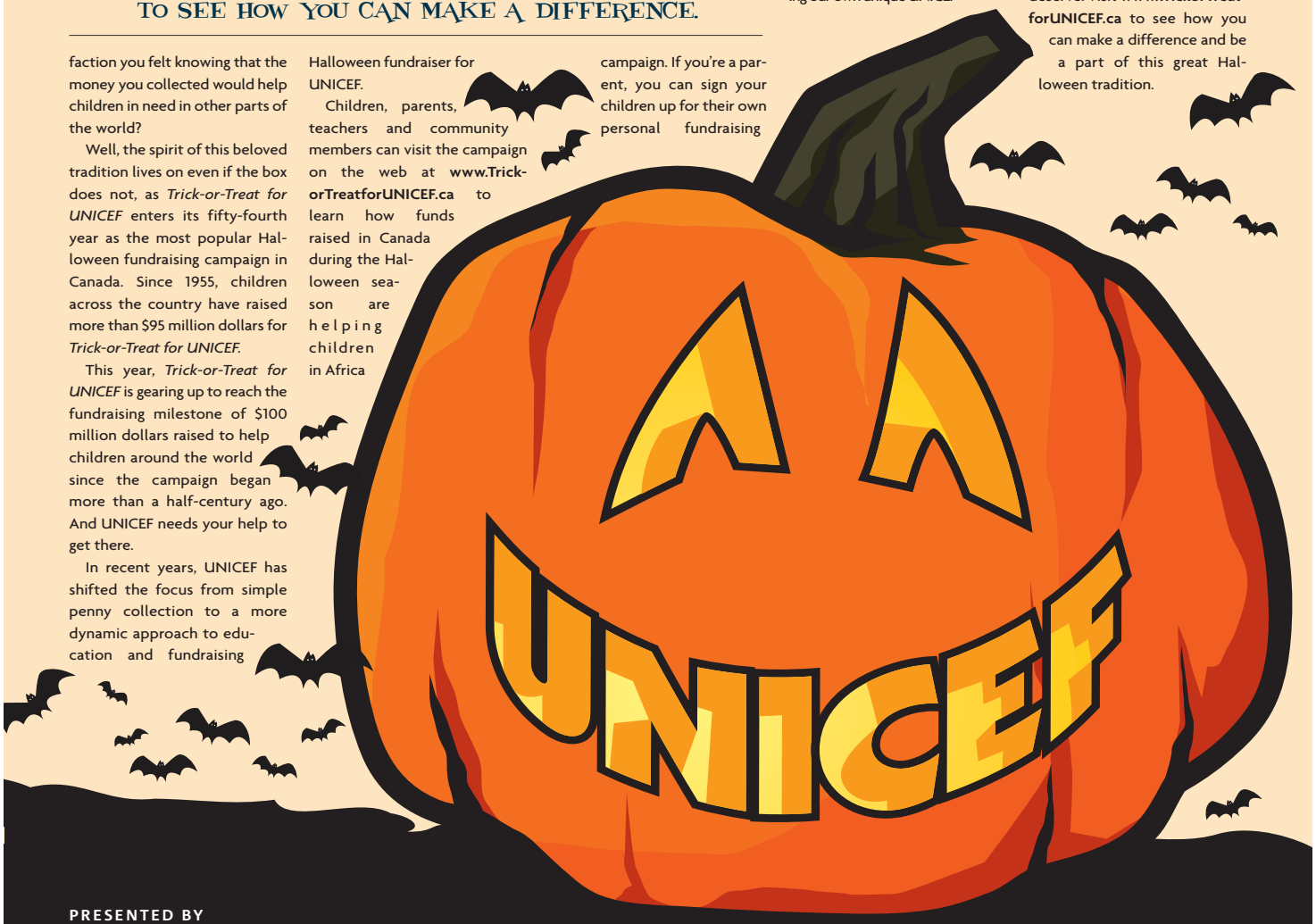
In recent years, UNICEF has shifted the focus from simple penny collection to a more dynamic approach to education and fundraising that gives young people in Canada the opportunity to learn about the children they're helping in other parts of the world, and adults the opportunity to get involved by donating online or organizing their own unique Halloween fundraiser for UNICEF.

Children, parents, teachers and community members can visit the campaign on the web at **www.TrickorTreatforUNICEF.ca** to learn how funds raised in Canada during the Halloween season are helping children in Africa go to school. The site offers educational tools, fundraising tips and a secure donation page.

So if you're a teacher, you can download fundraising ideas and grade-specific lesson plans for your class to get involved in this year's *Trick-or-Treat for UNICEF* campaign. If you're a parent, you can sign your children up for their own personal fundraising page that they can share with friends and relatives, while your children can find games and stories about kids their own age who deserve the chance to go to school. And for those of us who are simply kids at heart, we can do our part by making a secure donation online at **www.TrickorTreatforUNICEF.ca** or organizing our own unique UNICEF Halloween fundraiser for UNICEF.

Halloween is a great time of year to have fun and make a truly meaningful difference in the lives of children. No matter what your level of Halloween spirit, you can help UNICEF reach its $100-million goal this October and help a million children in Rwanda and Malawi get the education they deserve. Visit **www.TrickorTreatforUNICEF.ca** to see how you can make a difference and be a part of this great Halloween tradition.

VISIT WWW.TRICKORTREATFORUNICEF.CA TO SEE HOW YOU CAN MAKE A DIFFERENCE.



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IN SUPPORT OF unicef

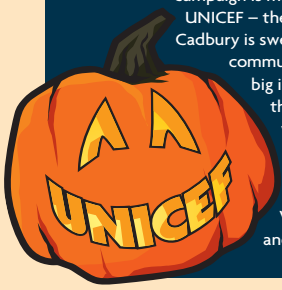
SPOOKY CELEBRATIONS THAT BUILD A BETTER WORLD FOR CHILDREN

Make a difference one brick at a time

Cadbury has developed *The School House Project** campaign to rally Canadian communities to come together in celebration of Halloween and to help improve education for children living in Africa. By visiting **www.theschoolhouseproject.ca** Canadians can find their community, join, and make a donation in support of UNICEF's *Schools for Africa* programme. Donations are symbolized by virtual bricks that together help build the real life foundation that education offers every child.

$1 DONATION = 1 VIRTUAL BRICK

And every dollar makes an impact. A simple donation of $10 can provide a soccer ball to use at recess and just $25 can provide a desk for a student. Cadbury's *The School House Project** campaign is making it easy for you to donate to UNICEF – the world's leader for children. And Cadbury is sweetening the deal to inspire communities to come together and make a big impact. The community that donates the greatest number of virtual bricks will get its very own Cadbury Haunted House celebration on Halloween night, complete with ghoulish ghosts and tasty treats! Visit **www.theschoolhouseproject.ca** and start building today!



This spooky season, Halloween specialists Cadbury and Party Packagers are supporting *Trick-or-Treat for UNICEF*, the leading charitable program at Halloween that focuses on improving access to education for children living in Africa through the *Schools for Africa* programme.

A generous supporter of *Trick-or-Treat for UNICEF* for several years, Cadbury has created *The School House Project**, an exciting way for communities to come together to build a better future for children in Malawi and Rwanda. At **www.theschoolhouseproject.ca**, Canadians can join their local community in an effort to raise funds for UNICEF's *Schools for Africa* programme. Donations are symbolized as virtual bricks which collect to represent the foundation of a child's education. The community that donates the most virtual bricks will receive a special Cadbury-hosted Haunted Halloween celebration on October 31. Visit **www.theschoolhouseproject.ca** to become a part of community giving. Families in the GTA can also visit the annual Halloween Haunted House at the Cadbury Chocolate Factory, located at 277 Gladstone Avenue. The event is free and will begin at 5:30 p.m. on October 31.

"Cadbury is inspiring Canadians to experience the joys of giving during the Halloween season with The Cadbury School House Project," says Gary Scullion, General Manager for Canada, Cadbury. "We share in UNICEF's values and encourage Canadians to continue to support a true Halloween icon that has spent over 50 years making a difference in the lives of others."

Party Packagers, GTA's Halloween Extreme Superstore, is also partnering with UNICEF this Halloween season. The party store is encouraging customers to support *Trick-or-Treat for UNICEF* at its 25 locations across Ontario by purchasing special paper pumpkin icons for $1, with all proceeds going to UNICEF. Visit **www.partypackagers.com** for a location nearest you.

"As Canada's largest specialty Halloween retailer, we felt it was important to give back to our communities in a meaningful way during the Halloween season," explains Bill Goodwin, president of Party Packagers. "Party Packagers is pleased to support *Trick-or-Treat for UNICEF* and to help raise customer awareness of UNICEF's terrific work throughout the world."

UNICEF Canada partners with Canadian companies to help reach out to Canadians to mobilize support and raise funds for UNICEF's global work for children. Leanne Nicolle, UNICEF Canada's director of corporate partnerships, enthuses that "this campaign is a great example of a group of corporations working together to create something meaningful and relevant for the Halloween season. We are very pleased to work with Cadbury and Party Packagers to raise much-needed funds to provide children in Africa with access to schools and the tools to build a better future."

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EDUCATION IN ACTION

Sixteen-year-old Jennifer Mailosi lives in a village in central Malawi, with no income and only a small piece of land with which to support her family. Forced to drop out of school for two years due to extreme poverty, her parents couldn't afford laundry soap, let alone new clothes to wash.

A group of mothers from her community, with support from UNICEF and the *Schools for Africa* programme, have banded together to help girls like Jennifer return to school. With their help, Jennifer is now the proud owner of two new uniforms. She is back in school and beating the odds in a country where most girls don't finish primary school. "It is nice to know that somebody cares enough to want to help me," she says, smiling shyly.

Eight-year-old Tayifa Msiska goes to Uledi Primary School in northern Malawi with her little sister. They are the only two girls in her family fortunate enough to have the opportunity to learn with other children in the village; her other two siblings work to support the household. With only three teachers for 270 students at the school, UNICEF uses an innovative training method to help the teachers improvise to meet the needs of so many hungry minds in the new classrooms that have been built — and it's working. "Figures are fun, and I find math interesting," shares Tayifa dreamily. "I enjoy pretending to be an accountant."

JENNIFER MAILOSI IS BACK IN SCHOOL AND BEATING THE ODDS IN A COUNTRY WHERE MOST GIRLS DON'T FINISH PRIMARY SCHOOL

In Rwanda, UNICEF is working with schools across the country, including Rubingo Primary School, where it is helping to build six new classrooms. UNICEF is equipping the school with learning materials and organizing teacher-training courses to help address the unique needs of the students. Separate latrines for girls and boys have been constructed, a water tank has been installed for children to wash their hands, and drinking water is available in all the classrooms. Now, 99 percent of the school's primary students stay in school, and almost seven out of 10 go on to high school.

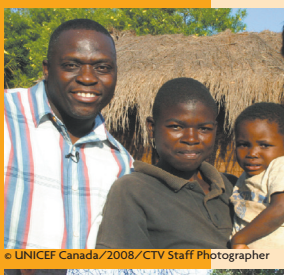
UNICEF is committed to helping provide young people everywhere with the best possible chance to grow up happy, healthy and well educated. And with your help, UNICEF can reach even more children in need. Visit **www.TrickorTreatforUNICEF.ca** today to find out how you can get involved in building a brighter future for children.

UNICEF AMBASSADORS

"While in Malawi, I heard many teachers and students express their thanks to UNICEF," explains Ben Mulroney, host of CTV's *etalk* and *Canadian Idol*. "But it is Canadian children who deserve a great measure of this gratitude. When we told these Malawian hosts about the *Trick-or-Treat for UNICEF* campaign, they couldn't believe that it was children who were raising the funds for their schools."

© UNICEF Canada/2008/CTV Staff Photographer

"I was able to witness, first-hand, how UNICEF works for the health, education, equality and protection of every child during my recent UNICEF trip to Malawi," says Farley Flex, an urban entertainment legend and *Canadian Idol* judge who was named a UNICEF Canada ambassador in 2008 after his tireless work with UNICEF's Halloween fundraising initiatives.



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"The *Trick-or-Treat for UNICEF* campaign is amazing and it is so important that kids like us really get on board," says 13-year-old UNICEF Canada Child Representative and author Bilaal Rajan, who has been a UNICEF volunteer since 2004. "We have a whole month to learn about children in places such as Malawi and be really creative and involved in doing something to improve the situation of children in other parts of the world."

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For more information on UNICEF's celebrity ambassadors and how Trick-or-Treat for UNICEF is helping children in Africa go to school, visit www.TrickorTreatforUNICEF.ca.

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METRO CUSTOM PUBLISHING FEATURE

SCHOOLS FOR AFRICA

This Halloween, children, schools and communities across Canada participating in *Trick-or-Treat for UNICEF* will be helping children in Malawi and Rwanda go to school. That's because funds raised here in Canada will support UNICEF's *Schools for Africa* programme, working to help one million children in these countries go to school and build a better future.

FUNDS RAISED HERE IN CANADA WILL HELP ONE MILLION CHILDREN IN MALAWI AND RWANDA GO TO SCHOOL.

UNICEF's *Schools for Africa* creates safe, educational environments where children can learn, play and have access to clean water and sanitation facilities. This gives the gift of education and hope for a brighter future to thousands of girls and boys in Malawi and Rwanda – two countries where many children don't currently have the opportunity to go to school.

In Malawi, more than half the population is under 18. Only half the children enrolled in school will reach grade five, with less than a third moving on to high school. More than half a million children have lost one or both of their parents to AIDS, and many school teachers are ill or have died from the disease. In much of the country, there are shortages of classrooms, textbooks and school supplies.

Children in Rwanda face similar challenges. 400,000 girls and boys do not have access to quality basic education. There are 76 students for every teacher in the country and only a quarter of Rwandan schools provide children with safe water and sanitation facilities.

But UNICEF's *Schools for Africa* is helping to break down these barriers. In the past five years, Canadian children, schools and communities participating in *Trick-or-Treat for UNICEF* have helped 465,000 more children in Malawi and Rwanda go to school. The programme's goal is to provide this chance to one million children in these countries, and you can help.

Visit **www.TrickorTreatforUNICEF.ca** to find out how you can help give young minds in Malawi and Rwanda the chance to become the best they can be. This year, let's make it a million!

Building a better future for children

How are Canadians helping to build a better future for children through UNICEF's *Schools for Africa* programme? Here's a closer look:

RWANDA:

- ✓ 2,325 teachers have been trained to help girls and boys learn to read, write and develop important life skills
- ✓ 594 classrooms have been constructed
- ✓ 54 schools have been provided with furniture
- ✓ 4,770 desks, 231 chairs and tables, and 50 filing cabinets have been supplied to schools

MALAWI:

- ✓ 10,480 teachers have been trained in child-friendly learning practices
- ✓ 108 classrooms have been constructed
- ✓ 39 schools have new classrooms
- ✓ 494 more schools now have desks and chairs
- ✓ 254 schools have been provided with bathroom facilities
- ✓ 68 schools have been provided with clean drinking water sources

So far, more than 465,000 students in Rwanda and Malawi have benefited from UNICEF's *Schools for Africa* programme.

THIS HALLOWEEN, LET'S MAKE IT A MILLION!

HOW TO GET INVOLVED

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GET YOUR SCHOOL INVOLVED
and raise money for UNICEF's *Schools for Africa* programme
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JOIN CADBURY'S THE SCHOOL HOUSE PROJECT* CAMPAIGN
to help build a better future for children living in Africa
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GIVE THE GIFTS THAT GIVE BACK

What do you give the person who has everything? With the holidays fast approaching, UNICEF is offering Canadians the opportunity to give the gifts that give back, with options that will not only put a smile on the face of those who receive them but also make a real difference in the lives of children around the world.

By purchasing UNICEF cards and gifts, you help to ensure that every child has every chance to survive and thrive. Proceeds from the sale of UNICEF's beautiful, high-quality cards and gifts help to support the organization's life-saving work for children. And ethical sourcing is at the heart of its collection — UNICEF cards use paper only from managed forests and its inspiring handcrafted gifts are created by artisans employed by socially responsible organizations.

Everybody knows somebody who insists they don't need anything — so why not get them something for someone else? From water pumps to therapeutic food for malnourished children, UNICEF *Gifts of Magic* are real, life-saving items for the world's most vulnerable children. With UNICEF *Gifts of Magic*, you provide water, food, medicine, school supplies, toys, and games to children in need. Every *Gift of Magic* from UNICEF comes with your choice of paper or e-card to show the person you care about what a difference their gift will make to the children who receive it.

UNICEF HAS SOMETHING FOR EVERYONE ON YOUR HOLIDAY LIST. VISIT WWW.SHOPUNICEF.CA

Even the children on your list are covered with a wide range of books, toys, puzzles and games from UNICEF. You'll also find a selection of *Gifts of Magic* Kid Packs that include a Webkinz® pet, a reusable lunch bag and door hanger, and a choice of *Gift of Magic* options to help vulnerable children grow up safe, happy and well-nourished. What better way to share the magic of the holiday season and the spirit of giving, than to give a child a gift that also helps children around the world?

Whatever your gift-giving needs, UNICEF has something for everyone on your holiday list. Visit **www.shopunicef.ca** and, this season, give the gifts that give back.

DalU enrolment jumps
Dalhousie University reports an overall rise in enrolment of just over four per cent. Full-time first-year enrolment at the institution is up 2.2 per cent, graduate enrolment has risen by 2.4 per cent, and the number of transfer students has increased 7.7 per cent. METRO NEWS SERVICES

Workology

B+ for five schools

According to the latest College Sustainability Report Card, the majority of the 17 Canadian universities listed in the report have either improved their standing or remained steady compared to last year's grading. The highest grade among Canadian institutions this year is a "B+," shared by uAlberta, UBC, uCalgary, McGill, and York. METRO NEWS SERVICES

EDITOR: DOUGLAS.DUNLOP@METRONEWS.CA

It's a plane, it's a bird...

No Superman, but airport falconer often saves day

OddJobs

Diane Peters

metronews.ca/oddjobs

Since 1970, there have been 268 airplane crashes around the world involving wildlife. Don't worry, Canadian airports take this risk seriously. And if you're flying out of Halifax International Airport, Derek Forrest will make sure your plane and animals never collide.

Forrest, 44, had no idea he'd end up in a job like this. He joined the army at 17 and learned to operate heavy equipment and armoured vehicles there. In 1987, he got hired at the airport as a heavy equipment operator, and did that job for over a decade.

In the late 1990s, the airport started bringing in an animal control expert, who was also falconer. He came in a just few times a month and was very expensive, so the airport decided to get the job done in-house.

Forrest applied for the newly created job and got it in 1999. He began training in falconry and animal care. Today, Forrest's falcon and two hawks live in a mews at the airport — it resembles a large shed with an outdoor pen.

Armed with big birds like falcons and hawks, airport falconers like Halifax's Derek Forrest keep wildlife off the tarmac.

The airport is equipped with an electronic speaker system that emits various sounds — like shotgun blasts and wails of gulls in distress — to deter animals.

Forrest keeps traps and snares in the brush areas around the airport and also scares off animals using pyrotechnics he shoots out of a starter pistol.

But the biggest part of his job is running his birds.

By 7:30 every morning, he's out on the runway with Millie, his lanner falcon.

Her presence scares away seagulls, crows and other birds, as well as some land animals. Unlike a hawk, who will just land on your glove, Forrest has to get Millie back in using meat tied to a lure on a 20-foot string. He whips it up in the air to slow her down from her 200 miles per hour flying speed, and then gets her to land.

The rest of his day is spent checking on his equipment, dealing with animal sightings, and taking out the birds when the runways are clear. He keeps tabs on what's going on around the airport through a radio in his office that's tuned into the air traffic controllers and the pilots.

At the first sight of an animal on the grounds, he springs into action. He also tries to prevent animals like coyotes and seagulls from showing up by keeping the grass cut and getting rid of standing water.

"You want to be more proactive than reactive."

He's done by 4:00 p.m. every day, Monday to Friday. But the job never really ends: he comes by on the weekends too to feed the birds.

Diane Peters once hawked magic pens at the Canadian National Exhibition. She's now a writer and part-time journalism instructor.

The Lowdown

Job title: Airport falconer
Salary: $64,000
Education/training: a two year apprenticeship with a falconer; you can become a master falconer after five years
Best Part of the Job: "Dealing with the birds. It's a great kinship we have."
Worst Part of the Job: "When you have to shoot an animal to fix the problem."

Report tops expectations

LABOUR MARKET Statistics Canada released a report last week stating that Canada's labour market is showing signs of recuperation, with the creation of 30,600 jobs in September.

That number is better than what economists had expected. Many had predicted that last month would see the creation of just 5,000. Most job gains occurred in the public sector as well as in construction and manufacturing, while private companies continued to freeze hiring. And, the boost in full-time jobs was mainly among women and youth. Canada is fairing well in contrast to the U.S., which shed another 260,000 jobs in September. HEATHER BUCHAN/ FOR METRO CANADA

Workology in brief

FORECAST According to a study funded by Microsoft Corp., Canada's IT industry could grow by 84,000 jobs over the next four years. The report also projects that 1,000 new IT businesses could open as well. However, some employment experts are skeptical about the permanency of such jobs and question whether they will be new jobs or simply the re-employment of jobs that were lost during the recent recession.

RATING A recent poll of the top 100 Canadian employers conducted by Mediacorp Canada reveals that McGill University in Montreal and Queen's University in Kingston are rated as the top two. Criteria for the annual poll includes training and skills development offered, the work and social atmosphere, employee communication and community involvement among others. HEATHER BUCHAN/FOR METRO CANADA

Serve and Protect Your Community Police Foundations

Crime doesn't stop during a recession, and police officers and security specialists continue to be in demand. There are threats from organized crime, gangs, terrorism, fraud and shortages of Police personnel, with many now serving, reaching retirement age. Police services are recruiting for diversity as they want the face of the next generation of police to be as diverse as Canada.

To meet this need, Herzing College is offering a one year 'Police Foundations' diploma program, which includes the Canadian Firearms Safety Courses and an internship of practical work placement.

Career opportunities that may be available include: Ontario Police Services, RCMP, Canadian Armed Forces, By-law Enforcement, Private Police, Campus Police, Private Security Agencies, Airport Security, TTC Constables, Border Security, Correctional Services and Security for special events, concerts, sporting events, industrial & commercial, residential, retail, casinos etc.,

For an exciting career in any of these fields call:
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Rotman makes BusinessWeek list

The University of Toronto's Rotman School of Management was chosen as one of the world's 30 best schools for educating the design thinkers and innovators of the future in a recent online feature by BusinessWeek. METRO NEWS SERVICES

| The Right People
| The Right Skills
| The Right Attitudes

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Beware of office bandits

According to a recent survey, there's a common type of workplace theft — and it has nothing to do with missing office supplies.

More than one in four employees say that a co-worker has taken credit for their idea, according to a recent survey.

More than one in four (29 per cent) employees interviewed said that a coworker has taken credit for their idea. Those who steal the limelight from their more deserving colleagues may get away with it, too: More than half (51 per cent) of those who have had their ideas nabbed by coworkers revealed they did nothing in response.

The survey was developed by OfficeTeam, a leading staffing service specializing in the placement of highly skilled administrative professionals. It was conducted by an independent research firm and is based on telephone interviews with 444 workers 18 years of age or older and employed in an office environment.

"Today's workplace is more competitive than ever and, unfortunately, there are people who will go to great lengths to make themselves look good or get promoted, including taking credit for someone else's ideas," said Robert Hosking, executive director of OfficeTeam.

"Being proactive in sharing your vision with your manager and colleagues early on can help ensure others know the concept originated with you."

Hosking added that although getting credit is important, giving it is just as beneficial. "Employees and supervisors should acknowledge those who help to move an idea forward – most business successes are the result of collaboration, not the efforts of a single individual."

METRO NEWS SERVICES

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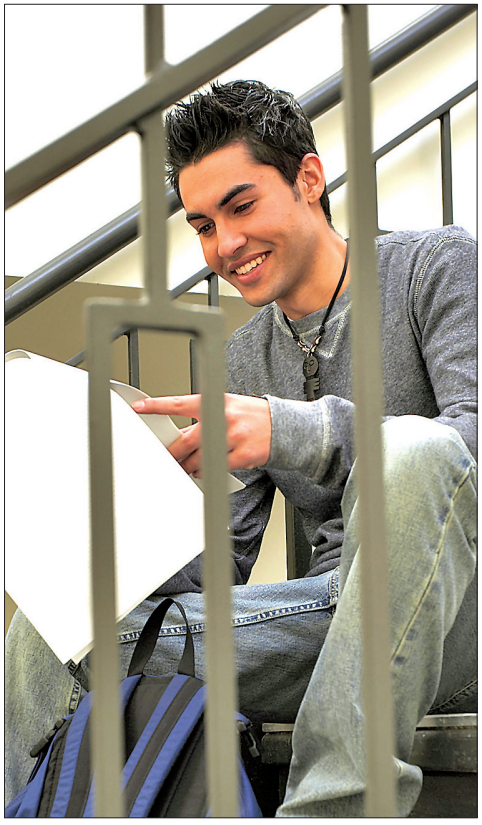
Carleton launches Sustainable Energy Research Centre

Carleton University has developed a Sustainable Energy Research Centre, which will focus on innovative ways to reduce energy consumption, research and examine emerging renewable energy sources while exploring strategies for using tradition, non-renewable sources effectively and responsibly. METRO NEWS SERVICES



Humber students are a happy lot, according to a recent survey which found the college best in student engagement.

Humber tops survey

College best in student engagement in North America

MAT LECOMPTE
for Metro Canada

The whole is only as good as the sum of its parts. For community colleges that means a happy, engaged student body leads to higher retention and graduation rates. That, in turn, leads to smiles all around.

Humber College in Toronto recently learned it was quite successful in the recent, noteworthy American-based Community College Survey of Student Engagement, or CCSSE. Humber topped the list of 58 colleges (with enrolment of at least 15,000 students), while ranking first in four out of five benchmark categories.

"We were extremely proud with the results," says Michael Hatton, Humber's VP Academic. "We weren't sure where we actually stood (in terms of student engagement)."

The college finished first when it came to active and collaborative learning, student effort, academic challenge and student-faculty interaction.

"The results are a product of how hard our faculty works at engaging students," he said. "They know how important it is."

The CCSSE is an annual survey based out of the University of Texas at Austin, has surveyed more than one million community college students since 2002 in 730 American colleges and a few Canadian colleges. Colleges must pay the CCSSE a fee based on enrolment. Humber was the only Ontario college to administer the survey to students.

Karla Fisher, College Relations Coordinator for CCSSE said that student engagement is a key indicator of student learning, and, therefore, the quality of community colleges.

Ontario colleges usually gauge their success by participating in the government-administered Key Performance Indicator (KPI) survey. This survey covers a wide variety of areas reporting on the performance of Ontario colleges and takes students, graduates and faculty answers into consideration. The results of the KPI can determine various funding opportunities, and is therefore quite rigorous. It is, for the most past, the standard for success of Ontario's colleges.

"The results are a product of how hard our faculty works at engaging students."
Humber College's Michael Hatton

Rosanna Caballero of Centennial College, who has never participated in the CCSSE, says that because of the time and resources it takes to complete the KPI, in addition to its relation to funding, the CCSSE is a survey they don't need to participate in.

Hatton, however, said that Humber had reached its ceiling in terms of KPI results and was looking for a new perspective that focused more on student engagement. Something, he said, is not as comprehensively studied in Canada as it is in the United States. He wanted to get a better idea of how Humber could improve strictly in the areas of engagement because it links directly to retention, he said.

"We did it to be the best we could possibly be," he said.

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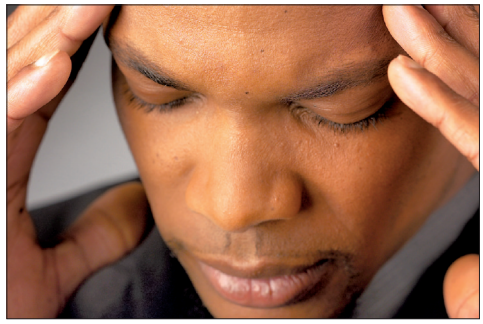
Economy a headache

While the cold and flu season serves as a primary culprit in workplace absences, the economy may be a factor as well this year.



A recent survey shows nearly one-third of workers have played hooky from the office this year, calling in sick when they were well.

CareerBuilder's annual survey on absenteeism shows nearly one-third (32 per cent) of workers have played hooky from the office this year, calling in sick when they were well at least once.

Twenty-eight per cent of employers think more employees are absent with fake excuses due to increased stress and burnout caused by the recession. The nationwide survey included more than 4,700 workers and 3,100 employers.

While the majority of employers said they typically don't question the reason for an absence, 29 per cent reported they have checked up on an employee who called in sick and 15 per cent said they have fired a worker for missing work without a legitimate excuse.

Of the 29 per cent of employers who checked up on an employee, 70 per cent said they required the employee to show them a doctor's note.

Fifty-two per cent called the employee at home, 18 per cent had another worker call the employee and 17 per cent drove by the employee's house or apartment.

"Longer hours and heavier workloads are common in the current economic climate and employers are becoming more flexible with their time off policies," said Rosemary Haefner, vice president of human resources at CareerBuilder.

"Sixty-three per cent of companies we surveyed said they let their team members use sick days for mental health days. If you need time to recharge, your best bet is to be honest with your manager."

More than one-in-ten workers (12 per cent) who played hooky admitted to calling in sick because of something work-related, such as to miss a meeting, give themselves some more time to work on a project or avoid the wrath of a boss, colleague or client. Others missed work because they needed to go to a doctor's appointment (31 per cent), needed to relax (28 per cent), catch up on sleep (16 per cent), run personal errands (13 per cent), catch up on housework (10 per cent) or spend time with family and friends (10 per cent).

METRO NEWS SERVICES

What's your excuse?

When asked to share the most unusual excuses employees gave for missing work, employers offered the following real-life examples:

- I got sunburned at a nude beach and can't wear clothes.
- I got caught selling an alligator.
- My mom said I was not allowed to go to work today.
- I accidentally hit a nun with my motorcycle.
- I'm convinced my spouse is having an affair and I'm staying home to catch them.

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Health & Beauty

EDITOR: ANN-MARIE.COLACINO@METRONEWS.CA

Canadian food, eh?

Be proud, eat homegrown

CELIA MILNE
for Metro Canada

We're all familiar with Chinese food and Italian food, but what is Canadian food?

David McInnes says it's a wide variety of fresh, healthy foods.

Instead of poutine and beaver tails, Canada should be known for homegrown, nutritious commodities: Fish from our lakes and oceans, grains grown on our prairies, and fruits and vegetables in abundance all over the country.

Spinach contains lutein which may help keep eyes healthy

Promoting the Canadian diet is good for health and good for agriculture, says McInnes, who is president and CEO of the Canadian Agri-Food Policy Institute (CAPI) in Ottawa. "We need to recognize that, hey, we do have foods in Canada that are safe, healthy and are produced in a sustainable way," he says.

"We have a Canadian diet and we should be proud of what we produce and eat."

The idea of the "Canadian diet" was developed by CAPI as a starting point to help counter the rising epidemic of obesity in this country and boost the ailing farming industry. Here's how it might work:

- Get people to stop eating junk food and turn to fresher, locally-grown food — salmon, sweet potatoes, carrots, berries, whole grains, spinach, dairy products such as milk, yogurt and cheese, flax, lean meats, and a wide array of other fruits and vegetables.
- Invest in advanced research to find out which foods promote health. For instance, what are the health benefits of oats and barley? Take that research from the laboratory to the marketplace.
- Support innovation in the agriculture industry.
- Improve the regulatory environment for farmers.
- Promote strategies that drive up exports.

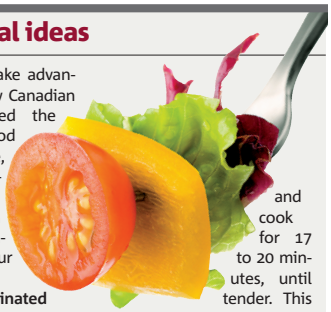
The concept sprouted wings, says McInnes, "generating considerable national interest in newspapers, radio and the trade press."

Dietitians have been promoting this way of eating for years. "Canada produces some of the world's healthiest and most versatile ingredients. Many, such as canola, salmon, pulses (dried beans and lentils) and flax provide general health benefits by helping to reduce the risk of developing chronic diseases like heart disease and cancer, while others have more specific benefits," says Mary Sue Waisman, a registered dietitian who works with Dietitians of Canada.

iSTOCK PHOTOS

Instead of poutine and beaver tails, Canada should be known for its homegrown, nutritious commodities, such as local fish, grains, fruits and vegetables.

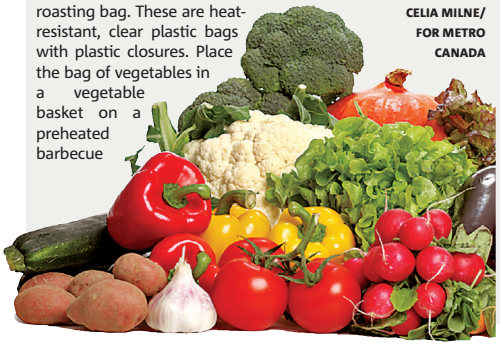
Healthy meal ideas



So how can you take advantage of the healthy Canadian diet? Metro asked the Canadian Agri-Food Policy Institute, along with the Dietitians of Canada, to come up with some purely down-home ideas for our kitchens.

- **Maple Marinated Salmon:** Grilled on a Cedar Plank; top with a blueberry salsa made with chopped blueberries, red bell and jalapeno peppers and apples with fresh mint and a drizzle of canola oil and apple juice.
- **Backyard Garden Salad:** Made with spinach, romaine and local chopped veggies topped with finely diced Oka cheese and your favourite lower fat vinaigrette.
- **Cauliflower au Gratin:** Tender cauliflower topped with melted Canadian mozzarella cheese.
- **Hot-bag Vegetables:** Toss a variety of lightly oiled root vegetables (such as carrots and parsnips), bell peppers and cauliflower, seasoned with herbs and spices, into a roasting bag. These are heat-resistant, clear plastic bags with plastic closures. Place the bag of vegetables in a vegetable basket on a preheated barbecue and cook for 17 to 20 minutes, until tender. This can be done in a preheated oven at 350F if preferred.
- **Carrot, Mushroom and Green Onion Barley Pilaf:** Sauté ½ cup each of green onions, carrots and mushrooms in 2 tablespoons of canola oil; add 1 cup of barley, ¼ cup ground flaxseed, a few sprigs of fresh thyme and 3 cups of water or chicken broth and simmer until barley is soft and liquid has evaporated.
- **Platter of Canadian Cheese:** Include brie, cheddar and feta cheeses with some dried apricots, blueberries and cranberries; use any leftover cheese in school lunches — simply add some whole grain crackers, a container of yogurt and fresh grapes for a healthy quick lunch.

CELIA MILNE/ FOR METRO CANADA



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METRO WORLD NEWS

Diets where oil olive is used as the main source of fat tend to be linked to lower rates of heart diesease and diabetes.

A drop of gold in your plate

FOOD A staple of the Mediterranean diet, the benefits of olive oil far outweigh the negative associations normally linked to fatty foods.

Composed mainly of healthy 'monosaturated fats,' diets where olive oil is used as the main source of fat tend to be linked to lower rates of heart disease, diabetes, asthma and colon cancer.

Extra virgin olive oil is derived from the first pressing of the olive and the end result is an oil with high levels of anti oxidants, including vitamin E for glowing skin and DHPEA EDO, an antioxidant believed to protect red blood cells from damage.

As the olive oil is made without using heat or chemical treatments it retains phyto-chemicals that would otherwise be lost in the refining process, such as hydroxytyrosol and oleuropein. METRO WORLD NEWS

Canola oil

• Canola oil contains essential fatty acids and also the "type" of fat can help to lower "bad" blood cholesterol. Make it your oil of choice for cooking, salad dressings, marinades, etc.

CELIA MILNE/
FOR METRO CANADA

Parents: Lead by example

Providing kids with healthy options at home is a good start

DENISE SURETTE
for Metro Canada

Numbers prove that childhood obesity is on the rise. More and more kids today are overweight, obese and developing weight related diseases at younger ages.

So how can parents take an active role in preventing weight issues, or deal with an existing problem?

Catherine Walsh, dietician with I.W.K Children's Hospital in Halifax, N.S., says that showing your kids how to eat properly is essential.

"It's important for parents to set an example," says Walsh. "They should be eating properly and making meal times a priority."

Providing healthy options at home for their kids and themselves is a start in the right direction. Walsh believes sitting down with your kids for meals and talking about where your food comes from will help develop positive relationships with food. Taking action as a family to throw out junk, and start making healthful foods together will get kids on board with a healthier lifestyle.

"Sit down and talk to your family," says Walsh. "Go to the grocery store or the farmer's market and make an adventure out of it."

Making healthy eating fun for kids is important, says Walsh. She says a few great ways to get them excited about dinnertime are to get them to help you make dinner, try new types of food together, and make fun treats like smoothies.

She also says to keep track of what your family is eating. Check that your family is getting all the food groups each day. Walsh says it can be fun for kids to learn the food groups and get them involved, have them check their own meals to see if there are vegetables, fruit, protein and grains in each meal.

ISTOCK PHOTO

Help your children avoid obesity by getting them excited about food. One way is by asking them to assist with meal preparation.

"(Parents) should be eating properly and making meal times a priority."
Catherine Walsh, dietician

One mistake that can happen, says Walsh, is being critical of what your child is eating.

"Let your kids guide you," says Walsh. "It's a sensitive topic for some people, don't come down too hard on them about food."

New parents can be especially vulnerable to anxiety regarding what to feed their child. Walsh says it's important to read up on nutrition for babies and toddlers, making sure they are eating the right foods. She also says you don't need to buy special food for toddlers; whole foods like apples and bananas are better than processed or boxed food.

"Parent should trust themselves and have a relaxed, positive attitude towards food, and your kids will too," says Walsh.

Make healthy, informed food choices on the go

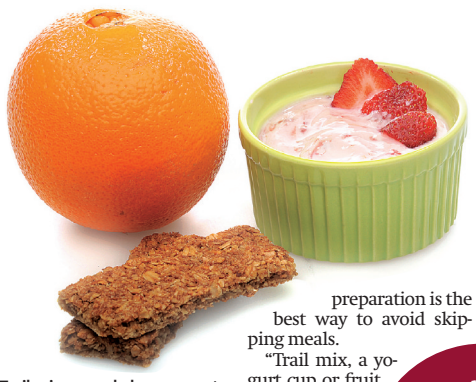
DENISE SURETTE
for Metro Canada

Everyone has those days where eating on the run is a necessity.

But for some, skipping meals and grabbing the quickest thing around is a lifestyle that can't be avoided. However, your busy schedule shouldn't stop you from eating a healthy diet.

"It's more common than most people think," says Stefanie DePaolis, registered dietician and owner of Menu For Movement. "People struggle to find healthy alternatives when they're busy."

DePaolis says its important to eat something, regardless of how healthy you may think it is, than to skip a meal. She says eating every three to four hours is important to keep blood sugars at a normal level. She says even if it's a microwave dinner or something from a fast food joint, don't feel guilty about eating at regular intervals.



Trail mix, granola bars, yogurt cups and fruit are all good options for a quick and nutritious breakfast. Just note when it comes to granola bars, check the box's nutritional information for at least three to four grams of fibre and less than eight grams of sugar.

If you find yourself running out the door without breakfast on a regular basis, plan ahead, says DePaolis. Keeping food in your office or at home that takes no preparation is the best way to avoid skipping meals.

"Trail mix, a yogurt cup or fruit are great options," says DePaolis. "Try to think of these things ahead of time."

She also says granola bars are a great way to keep from going hungry, and are easy to keep without a fridge. But the bars should meet a healthy standard. DePaolis says check the nutritional information on the box and look for bars with at least three to four grams of fibre, less than eight grams of sugar and it should have less than three grams of fat per bar.

If you find yourself at the food court or at a fast food restaurant for lunch, DePaolis says a simple sandwich is a great choice. Avoiding sandwiches with a high content of mayonnaise is important. She advises skipping tuna, egg or chicken salad to avoid a mayo overdose. She also says to keep in mind the size of the sandwich, look for one that is similar to one you'd make at home.

Eat every three to four hours to keep blood sugar levels normal

If you find yourself going to the same restaurant for breakfast or lunch during a busy work-week, DePaolis says to look online at the restaurant's website for nutritional information, which may help you make a good decision next time you stop in for a meal.

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Your best Paris face

France's oldest makeup line is back in Canada

Bourjois Paris Délice de Poudre Bronzing Powder with chocolatey scent ($24).

JANINE FALCON
for Metro Canada

Sharp-eyed beauty geeks remember a brief time when Bourjois Paris was in Canada, a few years back when Sephora opened its first Great White North doors.

It quietly disappeared soon afterward, but now the colourful line of cosmetics is back with a new shining presence at select Shoppers Drug Mart and Pharmaprix locations (as well as Murale by year's end).

France's oldest and largest cosmetic brand, Bourjois revolutionized makeup with the first powder blush. Invented by Alexander Napoléan Bourjois in 1863 as an alternative to the fat-based greasepaint of the day, the little baked coloured-powder dome took makeup from the theatre (and, er, ladies of the evening) to mainstream.

Still, the finish of choice for Bourjois shadows and blush, baked powder (standard is pressed) allows for a high-pigment intensity, plus easy workability when shadows are applied wet. (Attention beauty junkies: baked powders are also part of Italian makeup line Pupa, The Body Shop's fall collection, and makeup artist Laura Geller's eponymous line).

Bourjois Paris is known for its cute blush and eye shadow containers coloured to match the shade inside, a why-don't-more-companies-do-this concept the company implemented in 1914. Textures include matte, shimmery and girlish glitter for both, complete with wee applicators curved to fit the pots.

Bourjois Paris makeup line hits stores this month

The large, definitely contemporary collection also includes mascaras such as Volume Clubbing Mascara with rub-resistant vinyl, and Liner Effect, which gives an eyeliner look as it lengthens lashes. A Mineral Matte mousse foundation delivers a velvety finish when applied with a kabuki brush, and the shimmery Délice de Poudre Bronzing Powder pleases with a soft chocolatey scent.

As well, bourjois.com features an excellent variety of "makeup class" videos for easy-following learning.

Above, top: Bourjois Paris Mineral Matte Foundation ($28) and kabuki brush ($15). Above: Bourjois Paris baked powder makeup circa 1881.

Bourjois Paris eye shadows ($17 each). Notice containers are coloured to match the colour inside.

Right: Bourjois Paris Regard Effet Metallise pencil ($17 each).

Above: Bourjois Paris blush ($19). Right: Bourjois Paris Effet 3D Max Lipgloss ($20).

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Morality or justice?

Prostitution laws don't protect the vulnerable in our society

The J Spot

"There should be legal limits on sex, but they should be there to protect vulnerable people, not to reflect or dictate our sexual morality."

The polarization of the debate surrounding the current court case challenging Canada's prostitution laws raises difficult questions about the role morality should play in lawmaking.

Toronto dominatrix Terri-Jean Bedford and prostitutes Valerie Scott, 51, and Amy Lebovitch, 30, are asking Ontario's Superior Court of Justice to decriminalize prostitution, saying current laws make it dangerous for women working in the sex trade.

Opponents claim decriminalization of prostitution condones the selling of sex and that is wrong.

But is it really up to the law to decide whether the selling of sex is right or wrong?

Originally outlawed under Victorian social-hygiene-policy-based "vagrancy laws" – which also applied to jugglers, loafers and other general undesirables – this was considered discriminatory when Canada's first criminal code was passed in 1892. So to satisfy moral objection to prostitution, the buying and selling of sex was made legal, but "soliciting" was not. Which is sort of like trying to be a door-to-door salesman who isn't allowed to go door-to-door.

Also, pretty much every activity surrounding prostitution – communicating, bawdy houses, and pimping, to name a few – is illegal. But, despite all this, the sex trade continues to flourish. In other words, outlawing prostitution doesn't make it go away.

Besides, if you think prostitution should be outlawed because you have a moral objection to the commercialization of sex, well, in today's society, there isn't much that isn't turned into a commodity. Why is sex so sacred it can't be bought or sold?

It's anyone's moral right to frown on prostitution, but morality doesn't justify putting women in danger. The law is intended to protect the vulnerable in our society.

According to Statistics Canada, prostitution is in the top three most risky professions along with cops and cab drivers. Given that, I'd say these (mostly) women fit the description.

Still, prostitution laws achieve the opposite. Because "communicating" is illegal, street workers have to jump in cars with strangers to negotiate their terms. The streets aren't safe, but because bawdy houses are illegal, they can't go indoors. And one need only look at the Picton Pig Farm case for more proof of this job's hazards.

There should be legal limits on sex, but they should be there to protect vulnerable people, not to reflect or dictate our sexual morality. To look to the law to tell us what is healthy when it comes to sexuality is just wrong.

Is it really up to the law to decide whether the selling of sex is right or wrong, questions columnist Josey Vogels.

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Josey's blog

• Read Josey Vogel's Sexcetera blog online at metronews.ca/toronto/ blog.

Josey Vogels is a sex and relationship columnist and author of five books on the subjects. For more info, visit joseyvogels.com.

The naturopathic way

DENISE SURETTE
for Metro Canada

Trying new ways to fight extra pounds can be a frustrating experiment in finding what works for you.

Finding your own individual needs is often the best way to battle the bulge.

Dr. Afsoun Khalili, professor at the Canadian College of Naturopathic Medicine, says this is exactly how naturopathic doctors help patients with weight problems and related diseases, such as diabetes and heart disease.

"Naturopathic medicine is individual," says Khalili. "We try to find the individual reasons why."

Khalili says that people overeat for many reasons, and getting to the root of it is a start in the right direction. She says eating the wrong foods for some people is as simple as a lack of education in healthy eating, or it can be the result of emotions and stress.

"Sometimes we recommend counseling to deal with these emotions," says Khalili.

A teaspoon of cinnamon in your food once a day can help curb your appetite.

Besides the emotional side of eating, there are a few tricks that can help you begin losing those extra pounds. Khalili recommends not eating after 8 p.m. to let your digestive system rest overnight and improve sleep. Putting a teaspoon of cinnamon in your food once a day can help regulate blood sugar and curb your appetite.

The most important thing Khalili says to remember is to make permanent nutritional changes, a temporary diet will only give temporary results. "It's a lifestyle change," says Khalili.

Pure, organic skin care line

BEAUTY Bye bye strong scents, chemicals and synthetic ingredients. Hello pure, organic skin care.

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Consonant has recently released a 99 per cent natural foaming face wash and a new, organic hand cream to go with their soaps and lotions introduced last year.

Consonant Organic Foaming Face Wash ($18/125mL), left, and Organic Intense Therapy Hand Cream ($20/125mL).

Their slogan, happily embraced by Canadians, is "what goes on your body goes in your body."

CELIA MILNE/FOR METRO CANADA

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A holistic approach to breast cancer

ROMINA MCGUINNESS
Metro World News

"It takes just two words: breast cancer, to change someone's life," says breast oncologist Dr. Marisa Weiss.

The way the mind connects to the body plays a huge part in the patient's battle against cancer.

In hospital you'll have doctors dealing with physical issues but what is often neglected is the patient's state of mind.

"It's essential doctors find out what's going through a woman's mind to address underlying issues including lack of sleep, anxiety or intimate concerns. Breast cancer sufferers tend to place the blame on themselves; heavily questioning their lifestyle and the person they used to be."

Although not cures per se, holistic treatments focus on getting women to take the time to address their mind and their body following the intrusion and exhaustion of surgery or chemotherapy.

Yoga

"Yoga brings a lot of things; but the breathing is key as it brings relaxation and meditation. Whether anxiously awaiting test results or unable to sleep, yogic breathing will help keep focus. Yoga also builds up physical strength, corrects posture, balance, flexibility and range of motion. Following diagnosis, women often feel their body has betrayed them, yoga helps rebuild their body confidence."

Acupuncture

"Acupuncture — where fine needles inserted in the body's 'meridians' help the positive flow of energy throughout the body — sooths headaches, nausea, pain and discomfort caused by treatment."

Weiss does hold one reservation with the technique, "never place needles in the arm adjacent to the affected breast, as this may cause Lymphedema." Here the lymph system is damaged or blocked causing fluid to build up in soft tissues creating swelling or infection. In this case, patients can choose to undergo "Acupressure," where pressure is applied to specific spots with the hand instead of needles.

Nutrition

Modern days diets can be unhealthy; most people eat processed foods daily. According to Weiss, "we should be eating between five and nine fruit and vegetable servings a day, seeking out organic sources when possible to avoid consuming pesticides. Low fat, non-dairy options are best and fried foods should be avoided alongside the frequent consumption of red meat, which can contain hormones." That's just the starting point. Weiss insists there is a link between breast cancer and alcohol consumption, "limiting your intake to five drinks a week is a good benchmark — the more you drink, the higher your risk."

Hypnotherapy

Hypnotherapy uses a technique where the mind talks to the body, known as cell command therapy. Hypnotherapist, Marisa Peer, explains how the method is based on how the body mimics the mind. Patients must tell cells what to do and how to behave, imagine their cancerous cells being devoured.

Cancer brings fear and anxiety, "the power of the mind is amazing," explains Peer. "Once a woman is diagnosed with breast cancer she is confronted with the fear of dying. Hypnotherapy allows women to communicate with their body, get rid of this fear and make their imagination work with them rather than against them.

Biological Feeback

Less widely used and acknowledged, biological feedback is the repetitive training of the mind to relax. Physiologically, there is a physical state of relaxation defined as state of being which slows heart rate and lowers blood pressure.

Mind and body connection

- The effectiveness of the holistic approach to breast cancer is still up for debate. "They definitely fight the cancer," exclaims Dr. Marisa Weiss. "The body has a lot of healing and battle to go through. If your immune system is down and you are anxious, you won't be able to overcome the physical challenges."

ROMINA MCGINNESS/ METRO WORLD NEWS

METRO WORLD NEWS

Acupuncture — where fine needles are inserted into the body's 'meridians' — is said to help sooth the headaches, nausea, pain and discomfort caused by breast cancer treatment.

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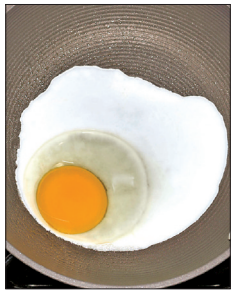

Eggs contain tons of lecithin.

A recent study found salmon increased HDL four per cent.

1. Dark Chocolate: A study found that 100 grams of dark chocolate daily raises high-density lipoprotein (HDL) or good choloesterol levels by nine per cent. That's 550 calories; luckily, 15 grams helps too, say researchers.

2. Salmon: HDL rose four per cent in adults who ate two 115-gram servings of salmon a week for four weeks, according to a Loma Linda University study.

3. Berries: They needn't be fresh, just plentiful: HDL levels rose five per cent when adults ate about a cup (250 mL) of frozen berries a day for eight weeks.

4. Eggs: Adults who ate an egg every day for 12 weeks increased HDL as much as 48 per cent, according to a study from Thailand. Why? They have tons of lecithin.

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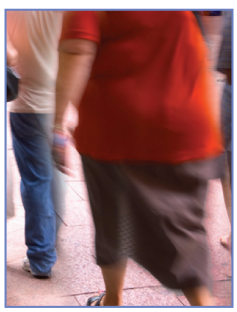
ADVERTISING FEATURE

Weight Bias in the Workplace

Men and women who suffer from being overweight or obese often face the additional struggle of bias in the workplace. Obese men and women often are confronted with negative prejudices and stereotypes when applying for jobs or experience the 'glass ceiling' effect when trying to advance within a company.

One of the leading employment issues for a worker is discrimination and unfortunately an obese or overweight worker, according to one study, is facing overwhelming bias. The study, completed by HR professionals, showed that 93% would opt to hire a 'normal weight' person over an obese applicant, even if they were equally qualified. When it came to promoting an obese employee, 15% reported they would be less likely to do so, 12% believe that it is not appropriate for obese employees to interact face-to-face with clients and even more shockingly 11% considered it fair to fire an employee because of their weight. Despite being faced with these shocking results, researchers found that nothing is being done to correct unfair treatment of overweight employees.

However, there is also evidence of the alarming costs a company can incur due to the effects of obesity in the workplace. One study found in a company of 1000 employees,



the cost of obesity was estimated to be $285,000. In 2001, the total cost of obesity in Canada cost 4.3 billion dollars. Obesity in the workplace cost US companies an estimated $45 billion each year in medical coverage and absenteeism - more than smoking or problem drinking.

Contrary to the common misconception that bias can be a motivator to 'shape up', research has shown that 79% of people react by eating more food, and 75% by refusing to diet. In actuality, rather than motivation for change weight bias has a detrimental impact on an employee's health. If employers have a genuine health concern for their workers, they should focus on creating a healthier lifestyle and work environment, with the support of co-workers and management, and not with the added stress and disappointment of being treated unfairly at work. Many companies have discovered the benefits of paying for their employees' obesity surgeries. By doing this employers can counterbalance expenses such as prescription medications and eliminate the cost employers incur when workers take sick days or disability leave. Addressing obesity in the workplace can also lessen the risk of work place accidents and/or injuries.

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Slimband® provides a long term weight loss solution with laparoscopic gastric banding and additional support during your weight loss journey. With their multidisciplinary team of medical professionals and a 4-year inclusive program of support groups and one-on-one guidance they strive to encourage a positive body image while helping you achieve your healthy weight loss goals. Slimband® addresses the many aspects of weight gain such as the emotional and psychological triggers that lead to harmful behaviors and promotes a lifestyle change with a re-education of nutrition and healthy living. The Slimband® procedure and program achieves a proper balance of all of these factors enabling the problem of obesity to be permanently dealt with. With Slimband® you will learn to overcome negative habits, spend less time worrying about calories and food and start living a healthier, more positive life.

To learn more visit Slimband.com or call 416 482 2033

Health in brief

FOOD Chili peppers contain the powerful phytochemical capsaicin, and the hotter the pepper the more capaiscin it will contain. Capsaicin helps fight inflammation (ironically) as it helps prohibit Substance P, a neuropeptide linked to inflammation. Chilis also help prevent sinutitis and relieve congestion. When consumed the burning heat will stimulate secretions in the nose, helping to clear out mucus. Varieties of chilli peppers such as cayenne have been shown to reduce blood cholesterol. Its bright redish coloring indicates high levels of beta-carotene or Pro Vitamin A, which plays an essential role in boosting the immune system.

METRO WORLD NEWS

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STOP HAIR LOSS

BIO-FEN PLUS™ is a natural health product used in the treatment of hereditary androgenic alopecia *(AGA)* in adults ***(male or female pattern baldness.)*** It contains scientifically calculated proportions of extracts of fenugreek seeds, saw palmetto berries and flax lignans. Each are known to possess an inhibitor of the enzyme responsible for causing male or female pattern baldness. It also contains a mixture of B vitamins, folate and biotin to help metabolize these herbal extracts so that they are more bio-available, and to support the growth of strong and healthy hair.

What causes hereditary hair loss?

Each hair grows from a pocket in the skin called the hair follicle. During its growing phase, the follicle has a bulb-shaped bottom, the center of which is called the dermal papilla. The papilla is fed by very small blood vessels, which bring it food & oxygen and remove wastes. The papilla is highly sensitive to hormones and chemicals secreted by the body *(or ingested as a medicine)* which impacts hair growth.

It is believed that some individuals have a genetic predisposition to a receding hairline *(most common in men)* or hair/follicle thinning over larger areas of scalp *(more common in women)*. These conditions result from hormonal changes caused by an enzyme in the dermal papilla called 5-alpha-reductase. This enzyme breaks down the hormone testosterone into dihydrotestosterone *(DHT)*.

Over a period of time, an over abundance of DHT causes the hair follicle to degrade and shortens the active phase of the hair, eventually leading to thinner hair and eventual hair loss.

How does BIO-FEN PLUS™ *work?*

Specific compounds within the herbal extracts inhibit the 5-alpha-reductase *(and therefore reduce DHT)* to prevent or slow down the rate of hair loss. This process is the principle by which the prescription drugs such as Propecia *(finasteride)* work. However, BIO-FEN PLUS™ also contains additional compounds which remove excess cholesterol and testosterone – the building blocks of DHT.

BIO-FEN PLUS™ also contains vitamins to increase blood flow to the small capillaries that feed the hair roots, to deliver the active herbal compounds and remove waste. **Therefore, BIO-FEN PLUS™ provides a natural, safer alternative to expensive drugs, and/or expensive & painful hair transplants.** As with the prescription alternatives, results vary from person to person, and no one product will work for everyone.

How long must I use BIO-FEN PLUS™ *?*

BIO-FEN PLUS™ capsules are usually effective at stopping hair loss within the first two months. However, since healthy hair grows only about 1 cm each month, it may take up to three months before you notice that hair growth is increased or further hair loss is stopped.

Anyone experiencing new growth will see it within four to six months. Once results become apparent, some users are able to reduce their BIO-FEN PLUS™ supplement dose to one capsule every second or every third day. Some clients will continue to take BIO-FEN PLUS™ daily. Once you stop completely, however, your hair growth pattern will slowly go back to the point where you started.

How safe is BIO-FEN PLUS™ *?*

The ingredient combination in BIO-FEN PLUS™ is generally safe for most adults. However, the following cautions are advised:

Folic acid: Consult a health care practitioner if you are uncertain whether or not you are taking adequate vitamin B12, as folate supplementation can mask a Vitamin B12 deficiency.

Vitamin B3: Consult a health care practitioner prior to use if you have impaired liver function.

Vitamin B6: Consult a health care practitioner prior to use if you are taking levodopa.

What is the quality of BIO-FEN PLUS™ *?*

BIO-FEN PLUS™ is manufactured in Canada according to a quality assurance program called Good Manufacturing Practices *(GMP)*. This ensures that the ingredients are tested for their level of quality, potency & purity, prior to production and again prior to sale.

See our website to locate your nearest Health Food Store or Pharmacy that offers BIO-FEN PLUS™ and other quality products from Hair Grow Technology. If you have any questions or comments about our products that target hair loss and support the growth of strong, healthy hair, please do not hesitate to contact us.

Each BIO-FEN PLUS™ *capsule contains (mg/capsule):*

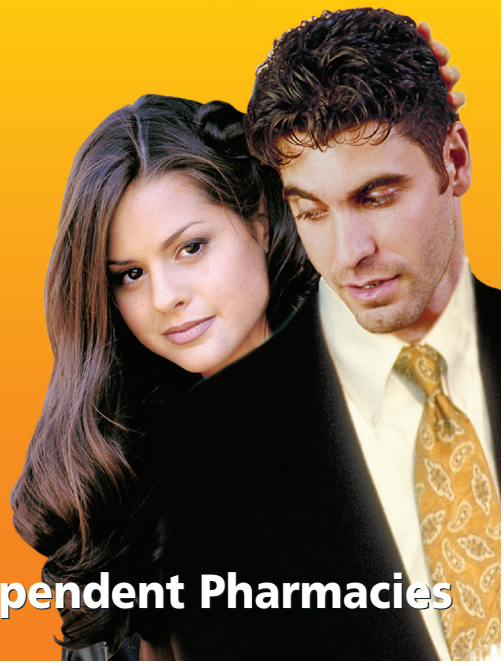
Fenugreek *(Trigonella feonum graecum)* seed extract 4:1	260 mg
Saw palmetto berry extract contains 45% powder, esters & sterols	160 mg
Flax lignans, standardized to 20% secoisolariciresinol diglucoside *(SDG)*	100 mg
D-calcium pantothenate *(Vitamin B5)*	10.40 mg
Niacinamide *(Vitamin B3)*	10.25 mg
Pyridoxine HCl *(Vitamin B6)*	2.00 mg
Riboflavin *(Vitamin B2)*	1.58 mg
Folic acid	0.095 mg
Biotin	400 mcg

Non-medicinal ingredients: inert microcrystalline cellulose and vegetable-based magnesium stearate in a veggie-based capsule.

Recommended adult dose: one capsule per day

BIO-FEN PLUS

www.biofen.com



Available at Health Food stores and Independent Pharmacies

Local versus Sustainable

Sustainable food is not always local, but is produced in a socially responsible manner. Sustainable coffee beans, for example, may travel far to reach your table in Canada, but the coffee is grown on perennial bushes that don't require plowing, which keeps soil carbon stored in the ground. THE CANADIAN PRESS

Food

Nancy Tringali Piho, author of My Two-Year-Old Eats Octopus: Raising Children Who Love to Eat Everything, is one of several culinary authors with recent books offering personal stories and tips for foodie parents looking to share the meals they love with their children.

THE CANADIAN PRESS

EDITOR: NINA.DRAGICEVIC@METRONEWS.CA

Dish up Indian flavours this Diwali

If you rolled a bit of Christmas, New Year's Eve and Thanksgiving into one, then catered the affair with heaps of sweets and savory snacks, you'd begin to get a taste for what it means to celebrate Diwali, India's best known festival, which this year falls on this Saturday.

Metro nabbed a few more delicious and simple recipes from Everyday Indian: 100 Fast, Fresh, and Healthy Recipes by Bal Arneson. After publishing the Vancouver author's terrific Tandoori Quesadillas earlier this year (which can be found at metronews.ca, if you enter the recipe name into the Search field), we just had to go back for more.

As Bal says, "… You shouldn't have to go to a restaurant to enjoy the great flavours of Indian food, nor should you view an Indian meal as an occasional treat… you can take any recipe in this book, any day of the week, and create a delicious, healthy dish in 20 to 25 minutes."

Everyday Indian (Whitecap Books) is available now.

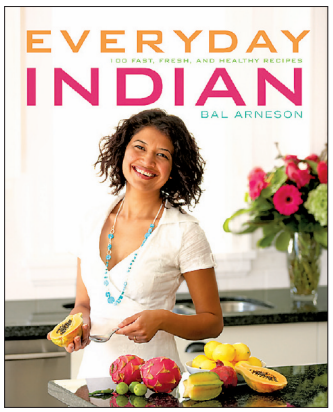


PHOTO USED WITH PERMISSION FROM WHITECAP BOOKS

Salmon Paneer Cakes, a recipe from Everyday Indian by Bal Arneson.

Salmon Paneer Cakes

MAKES 6–8 PIECES

Serve with Mint Chutney, Peach Chutney or Yam and Red Onion Chutney.

INGREDIENTS:

- One 6 oz can salmon, drained and liquid squeezed out
- 3/4 cup grated paneer (see below)
- 1/2 cup low-fat plain yogurt
- 1/4 cup finely chopped red onion
- 1/4 cup chickpea flour
- 1 tsp garam masala (see below)
- 1/2 tsp salt
- 2 Tbsp grapeseed oil

METHOD:

Combine all the ingredients except the oil in a bowl and mix until the flour is evenly distributed. Make small cakes (1-inch patties). Heat the oil in a non-stick skillet over medium heat and pan-fry the patties on both sides until golden brown.

- **Note:** Adding 1 tsp of dried fenugreek leaves, 1 tsp of chana masala, and 1 Tbsp of finely chopped ginger gives an enticing aroma to the cakes. You can also sprinkle fresh lemon juice over the cakes just before serving to brighten all of the flavours.

Homemade Paneer

INGREDIENTS:

- 1 gallon (4 L) 2% milk
- 1/2 cup plain white vinegar
- One 20-inch-square piece of cheesecloth

METHOD:

Bring the milk to a boil in a large pot. Add the vinegar and stir until the mixture separates into solids and liquid. Drain the mixture through cheesecloth. Wrap the curd with the cheesecloth, place in a sieve, and put a heavy weight on it, such as a cookie jar or rice container. Let the water drain completely for 20 minutes.

Remove the cheesecloth and cut the paneer into small cubes. Use immediately or refrigerate in a covered container for up to 5 days.

- **Note:** Pan-frying helps to keep the paneer cubes from falling apart. Place 2 Tbsp grapeseed oil in a non-stick pan over medium heat. When the oil is hot, gently place the paneer in the pan and cook until golden-brown. Gently flip the pieces and brown the other side. Pan-fried paneer freezes and thaws very well without crumbling.

Garam Masala

MAKES 1 CUP

INGREDIENTS:

- 1/2 cup coriander seeds
- 1/2 cup cumin seeds
- 1/4 cup dried curry leaves
- 1/4 cup black peppercorns
- 1/4 cup mustard seeds
- 3 whole cloves
- 2 black cardamom pods
- 2 cinnamon sticks, each 3 inches long
- 2 bay leaves

METHOD:

Preheat the oven to 325°F. Combine all the ingredients, spread them on a rimmed baking sheet, and toast in the oven for 15 minutes. Let cool and process to a fine powder in a grinder, such as a coffee grinder reserved for this purpose. Stored in an airtight container in a cool place, it should keep well for 3 months.

WITH FILES FROM THE ASSOCIATED PRESS

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Diwali in brief

THE CELEBRATION

The legends behind Diwali — a word taken from the Sanskrit word dipavali meaning "row of lights" — vary by region in India, but people of every faith line windows and doorways with small clay or silver oil lamps, and trim homes, shops and businesses with brightly coloured lights. Firecrackers pop and screech from early morning. Businesses close their fiscal year and open new books. Diwali also is a time for visiting friends and family, and the delicate, time-consuming savories — which are easily made in large quantities — are exchanged between homes.

THE FOOD

The sugary treats known as "mithai" — thousands of tonnes are prepared for Diwali every year — tend to get most of the attention during this holiday that marks the victory of good over evil and light over darkness. But Indian food is all about balance and contrasts. Salty, spicy snacks collectively referred to as "namkeen" or "karam" play an equally important role during Diwali. Piquant little diamonds called shankarpali; chili-spiked mixes of flaked rice and lentils called chivda; and crisp, golden noodles called ribbon pakoda serve as both munchies and gifts, the latter an element as critical to Diwali as to Christmas.

THE SNACKING

"Diwali is all about snacking," says Sangeetha Sarma, a Washington food publicist who grew up in the South Indian city of Chennai. "It's the Festival of Lights, but it's really like Thanksgiving."

THE ASSOCIATED PRESS

Eating fair
Here's a tip from World Wildlife Fund Canada to help you on your next shopping trip: Support fair trade when possible. For items that Canada does not produce, consider purchasing fair trade imported products. METRO NEWS SERVICES

LiquidAssets

Peter Rockwell

metronews.ca/liquidassets

Hearty quaffs

Even if you're a dedicated sun worshipper, it's still hard not to love fall. While there may be a chill in the air, with the leaves changing and the harvest in full swing at farms and vineyards across the country, there's no better time to be Canadian.

Autumn is the season where fresh produce really influences what happens in the kitchen with hearty stews, game meats and plenty of rustic comfort food dominating the dinner table.

Though I've never been one to relegate a certain style of wine to a spot on the calendar some just echo the personality of a season so well that there's a real unifying connection.

The juice from France's Rhone Valley taste like October — especially its reds. They're typically easier drinking than most French with wines like **M. Chapoutier's 2007 Belleruche Côtes du Rhône ($17.80 - $19.29),** offering a mouth full of licorice, spice and dark fruit, thanks to its blend of grenache and syrah.

The viognier grape also calls the Rhone home, but Chile is working wonders with it as well. With forward leachy fruit and a lingering white pepper bite **Cono Sur's 2008 Viognier ($9.99 - $11.99)** is a tasty fall weather white.

Prices reflect the range across the country. Some products may not be available in all provinces.

Peter Rockwell is the everyman's wine writer, working in the liquor industry for more than 25 years and travelling the globe looking for something to fill his glass and put into words.

Truffles for the little ones

No one's a fan of deception when it comes to getting kids to eat healthy. But sometimes you'll have to rely on novelty to keep things interesting.

Which was the inspiration for this idea for candy-like truffles made from that all-American childhood staple — peanut butter and jam sandwiches. These are seriously delicious, even if the process of making them seems pretty strange.

All you do is make peanut butter and jam sandwiches on whole-wheat bread, then run them through the food processor until they formed a thick dough. Then just roll chunks of it into balls and coat some of them with crushed peanuts, others with powdered sugar.

Banish all thoughts of those dreaded soggy PB&J sandwiches from your lunch box days. While reminiscent of a sandwich, the texture of these truffles is pleasantly chewy and thick, and the taste is decadent.

Alternative coatings could include crushed almonds or pistachios, mini chocolate chips (though that detracts from the healthy aspect of this kid-friendly snack), cocoa powder or finely chopped dried fruit, such as dried cranberries or cherries.

The oil in the peanut butter and the moisture in the jam means any powdery coating (such as powdered sugar or cocoa powder) will moisten over time. They still are delicious, but kind of sticky. Consider applying such coatings only just before serving.

Coated or uncoated, these truffles can be refrigerated for several days, pack easily in lunch boxes and improve with age.

LARRY CROWE/THE ASSOCIATED PRESS

Peanut Butter and Jam Truffles

Peanut Butter and Jam Truffles

MAKES 24 TRUFFLES

INGREDIENTS:

- 6 slices whole-wheat bread
- 375 ml (1 1/2 cups) peanut butter
- 300 ml (1 1/4 cups) no-sugar jam
- Crushed nuts, finely diced dried fruit or powdered sugar, for coating (optional)

METHOD:

In a food processor, combine bread, peanut butter and jam. Process until ingredients form a thick, dark brown dough with an even consistency. There should be no streaks of peanut butter or jam.

Break off 15 ml-sized (tablespoon-sized) chunks of the dough and roll into balls. The truffles then can be rolled in crushed nuts, finely diced dried fruit or powdered sugar. If not serving immediately, refrigerate in an airtight container.

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Flight attendant sues Oprah

Corrine Gehrls, a flight attendant on Oprah Winfrey's private jet, has filed suit against the talk show host after she was fired for allegedly have sex with the plane's head pilot while Winfrey and guests slept during a flight. **METRO NEWS SERVICES**

Entertainment

Law says sorry

Jude Law has reportedly apologized to his family after DNA tests "conclusively" prove he fathered aspiring actress Samantha Burke's daughter Sophia, who was born last month. FEMALEFIRST.CO.UK

EDITOR: DEAN.LISK@METRONEWS.CA

Hugh Dillon returns to rock

Flashpoint and Durham County star releases new album

MAUREEN LITTLEJOHN
for Metro Canada

Hugh Dillon, former Headstone turned TV star, has often depended on the musical muse to lead him in the right direction.

"I got in the habit of songwriting long ago, it was consistent when everything else wasn't consistent," the 46-year-old explains, referring to when his hard rocking group disbanded in 2003.

Works Well With Others, his new solo album out on Warner Music today, features a couple of songs heard on the two shows he stars in, Flashpoint and Durham County. The music is muscular yet introspective, filled with clear-headed determination. What did he intend with the title? "Well, it was something written on my report cards when I was a kid until one day it wasn't," he says. The angry young punk has come full circle.

Produced by Paul Langlois of the Tragically Hip, the album is a farewell to the boozed up addict who didn't think he'd see age 40. First song Friends of Mine, is spare and to the point, a confessional of sorts. "I lost a lot of friends, it's part and parcel of the lifestyle. When you're young you emphasize the drugs and rock 'n' roll. But they take over life. I knew I had to change everything." Dillon packed his bags and headed to Los Angeles (where he still lives) to start over. "It was terrifying. I had a s—y little apartment and my guitar. I had to fight depression and misery and rise above the problem. Once I had identified that the problem was me, I had a shot."

"I had to fight depression and misery and rise above the problem. Once I had identified that the problem was me, I had a shot." Hugh Dillon

Acting in indie movies Hard Core Logo in 1996, and Down to the Bone in 2004 helped land him plum roles in Durham County and Flashpoint. He credits his wife, Midori Fujiwara, for supporting him as he got his life back together.

"We've been together 21 years. I wrote the song Puzzle I Am for her. It's very different for me, no rage, and no heavy rock 'n' roll. It was liberating."

This month the Gemini-nominated actor/musician starts shooting the next season of Durham County in Montreal. Come January he'll be in Toronto revving up for another season of Flashpoint. He hopes to do a few live music gigs in December and possibly tour next spring or summer.

Works Well With Others is the new album from Hugh Dillon.

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Rome	Travel Oct 16 - Oct 24/ts	$449 + taxes & fees $305
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Moscow	Travel Nov 5 - Nov 28/ua	$569 + taxes & fees $385
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Bangkok	Travel Nov 6 - Nov 18/ca	$1049 + taxes & fees $272
Sydney	Travel Nov 3 - Nov 17/fj	$1099 + taxes & fees $225

Holidays

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$275
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Orlando Family Special
Air + 7 Nights $159*
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INCLUDES accom near *Walt Disney World* Resort. Departs Oct 15/ggv/ts. ADD 7-day *Magic Your Way* Base Ticket for $231 per child.

Ft Lauderdale Air + Car $279
+ taxes & fees $124
INCLUDES 7-day car rental with unlimited mileage. Departs Nov 7/ggv/ws. ADD Jungle Queen Riverboat dinner cruise for $48.

Glasgow Air + 2 Nights $339
Holiday Inn Express + taxes & fees $397
INCLUDES accom with breakfast. ADD Hop on, Hop off tour for $20. Travel Nov 17 - Nov 25/ggv/ts.

Atlantic City Air + 3 Nights $419
Bally's Atlantic City + taxes & fees $97
Departs Oct 22/ggv/ws.

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Air + 3 Nights $479
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Departs Nov 5/ggv/aa. ADD Key West day trip for $79.

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Exotic Asia 13-Night Cruise $739
Legend of the Seas + taxes & fees $132
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Radcliffe looks to Broadway

Daniel Radcliffe is eyeing Broadway as the place to debut his song and dance skills, in a new production of Tony Award-winning musical How To Succeed In Business Without Really Trying. FEMALEFIRST.CO.UK

Reclaiming native stories

Actor Adam Beach working to broadcast aboriginal content online

Canadian film and TV star Adam Beach says he's leased 10 channels from an online broadcast company and hopes to provide a slate of indigenous programming by and for the aboriginal community.

Beach says the venture with the New York-based OpenVision Networks is in early stages but that he's already stocked his channels with Canadian fare including the defunct APTN drama Moccasin Flats and his old Showcase comedy, Moose TV.

"This is where we as native people are now taking our own control of our work," Beach said in a recent phone interview from his home in Los Angeles.

"Basically, what I provide is, any native director or artist (that has) any native media sitting in their library somewhere, they send it to me and I put it on the network for free and we're worldwide."

Beach says that material on ovntv.com is streamed and not available for download, but one of his immediate goals is to set up pay-per-view streaming of live events like boxing, along with short, original dramas. The main goal is to provide a platform for aboriginal material, said Beach, currently filming a multi-episode story arc on HBO's Big Love.

> **"This is where we as native people are now taking our own control of our work."**
> Adam Beach

The grand plans come as the actor — who is originally from Winnipeg — appears in the opening night film of the ImagineNative Film+Media Arts Festival, celebrating its 10th anniversary tomorrow in Toronto.

The documentary Reel Injun profiles the so-called Hollywood Indian and his various incarnations on the big screen. Cree director Neil Diamond, from the James Bay community of Waskaganish, criss-crosses Canada and the United States while examining cinematic classics like Little Big Man and One Flew Over the Cuckoo's Nest. Along the way, he talks to celebrities including Beach, Robbie Robertson, Clint Eastwood, Graham Greene, and Jim Jarmusch about the evolution of indigenous people on film.

Actor Adam Beach will appear at the ImagineNative Film+Media Arts Festival, celebrating its 10th anniversary tomorrow in Toronto.

Festival programmer Michelle Latimer says it's a particularly a propos topic for this year's ImagineNative festival, which reaches a benchmark birthday after significant changes of its own.

"I remember first attending the festival and the program books were very small and the festival wasn't very well known and now it's just blown up," Latimer says of the five-day movie marathon, billed as the largest indigenous fest in the world.

"In the last, I would say five years or so there's really been an explosion on the international scene. Many times in the past our stories have been told through others and this is a time when we're almost reclaiming the medium of film to tell our stories."

THE CANADIAN PRESS

Native arts festival

- The ImagineNative Film+Media Arts Festival includes more than 125 different works, among them features, documentaries, animated and live action shorts.

Simon sues Starbucks over poor CD sales

MUSIC Singer Carly Simon is suing Starbucks Corp., saying the coffee company's now-defunct music venture didn't adequately promote her 2008 album, dooming the record before it was even released.

The singer, whose biggest success came during the 1970s and '80s with hits like You're So Vain and Anticipation, is seeking unspecified damages related to the release of This Kind of Love in April 2008.

In a lawsuit filed Friday in California, Simon and her attorneys said the album wasn't available in "a substantial number" of Starbucks stores during the key early months following its release. Later, when the disc was stocked in Starbucks locations, the Seattle-based company slashed the price.

In a statement, Starbucks said it met all its contractual obligations and even extended the amount of time it promoted the album in New York and Boston.

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Would you hire this man?

Disgraced former Illinois Governor Rod Blagojevich is set to be a contestant on the next season of Donald Trump's Celebrity Apprentice, according to the Chicago Tribune. The show debuts in March. **METRO WORLD NEWS**

The oldest known parchment of the Ten Commandments is now on display at the Royal Ontario Museum — but only until Sunday.

Ten Commandments visit the ROM

Parchment will be shown only until Oct. 18

HANNAH ZITNER
for Metro Canada

Words that have shaped both religious and secular life for centuries are making a brief, 80-hour visit to the Royal Ontario Museum as part of an ongoing exhibit, Dead Sea Scrolls: Words that Changed the World.

The Ten Commandments, written on 2,000-year-old parchment, are on view under a light- and humidity-controlled display until Sunday. "This is the oldest parchment of the Ten Commandments known to us," said Risa Levitt, the exhibit's curator and a religious studies professor at San Diego State University.

Not only are the Ten Commandments among the earliest sets of laws, they are also some of the most influential, having helped shape Christianity, Islam and Judaism as well as many secular laws.

The first set of eight Dead Sea Scrolls, on display at the ROM since mid-summer, have been very well received, said the museum's director and CEO, William Thorsell. Those scrolls have now made their way back to Israel and have been replaced with eight new passages that will be exhibited until early January.

The parchment and papyrus scrolls are a collection of the oldest biblical records, and contain passages found in the Christian Bible, the Jewish Torah and the Islamic Koran. They were discovered near the Dead Sea between 1947 and 1956. Although the Ten Commandments are part of the Dead Sea Scrolls, they're on separate display because of the high volume of expected visitors.

Walking into the exhibition space, viewers are welcomed by a mural-sized print of the stone tablets said to have been given to Moses on Mount Sinai.

Various paintings, drawings and texts line the walls of the gallery, including French and English explanations of each commandment. Images of Moses also cover the walls, ranging from a child-like, colourful representation to a 19th century classical painting to a contemporary lithograph by the late Jewish artist, Marc Chagall.

The sounds of Hebrew prayers play in the background of the exhibit, adding to the ambiance of the dimly lit exhibition space. "(Levitt) created a whole experience in approaching this scroll with the most beautiful text and graphics," Thorsell said.

Also on display in the gallery is Hamra Abbas's sound-based installation, Read, which looks at the role of Islam in Pakistan, her native country. The piece is a hanging, wooden maze with a looped recording of children reading passages from the Koran.

"So, we're coming at these traditions using different media," Thorsell said. "It's very inspiring seeing people from the different traditions working together in this interesting way to capture the spirit of this exhibition in Toronto, which is the right place to have a conversation about shared roots and different destinations."

- The Ten Commandments are on display until Sunday, with extended hours and half-price admission on Friday and Saturday.
- The Dead Sea Scrolls are on display until Jan. 3.

Prince Philip can't program the TV

TECHNOLOGY He may be married to Queen Elizabeth II, but Prince Philip has the same technological troubles as millions of commoners.

The 88-year-old prince has bemoaned the complexity of television remote controls, saying attempts to record programs often end up with him lying on the floor with a flashlight, a magnifying glass and an instruction manual.

The comments came in an interview posted on Buckingham Palace's official YouTube channel.

THE ASSOCIATED PRESS

Damon, Affleck are related: Researchers

ROOTS It seems Matt Damon and Ben Affleck are more than childhood pals and Hollywood co-stars.

According to the New England Genealogical Society, they're also tenth cousins, once removed. Society researchers dug up evidence that both are descended from William Knowlton Jr., a bricklayer who came to the U.S. from England in the 1630s.

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Hope there's a big enough shelf in his cell

Being in jail didn't stop T.I. from scooping up two prizes — for best collaboration and for CD of the year — at Saturday's BET Hip Hop Awards. The rapper is serving time in Arkansas for a weapons conviction. His fiancée, Tameka (Tiny) Cottle, acepted for him. THE ASSOCIATED PRESS

A fresh take on 'hardcore believer'

Documentary finds that Islam and punk can go together like mohawks and safety pins

They've got bands named Vote Hezbollah and Secret Trial Five. They're Iranian-Texans and Vancouver-based lesbian Pakistanis; one is the converted son of a white supremacist wife-beater. They pump their fists into the air and chant "Allahu Akbar!"

Taqwacore's devotees take inspiration from a novel by an American convert to Islam.

Taqwacore opens in Toronto on Friday

They're punk Muslims.

Huh? That was Omar Majeed's first reaction, too. He's a Montreal filmmaker whose new documentary, Taqwacore: The Birth of Punk Islam, hits theatres in Montreal and Toronto this week.

"It kind of blew my mind," says Majeed of the subculture. "I kept thinking to myself, 'Wow, if I'd only known about this when I was a teenager.'"

Majeed found the scene as he pondered what it meant to be a Muslim in the wake of the Sept. 11 terrorist attacks. He wanted to hear voices different from the Muslim fundamentalists often seen in the media, or the "mainstream Muslim organizations that were basically just saying, 'Muslim is all good, peace and love' and all that stuff."

Most Muslims, Majeed believed, were somewhere in the middle and, he says, "I felt that voice hadn't been represented yet."

The director says he's never been particularly religious, but was turned on to the novel The Taqwacores, by American convert Michael Muhammad Knight. Knight, who was raised by a racist father and an abused mother, created a radical bunch of Muslim misfits to populate his book, only to find that a whole community of real Muslim youth had embraced it and turned fiction into fact.

> **"Wow, if I'd only known about this when I was a teenager."**
> Director Omar Majeed

Majeed hooked up with Knight and travelled across the U.S. and Pakistan as the punks tried to spread their message and get gigs for their bands.

Majeed says Muslims and punks are both among the most stereotyped people around, though the religion has many variations: "Really, Islam is what you make of it, depending on the context."

Punk isn't about a specific type of music or fashion either, he notes. "Punk is an attitude, first and foremost. Punk is about questioning everything. So when you're talking about spirituality and punk, I think what you're doing is saying one can embrace spirituality but without having to relinquish the ability to question and do it in your own way."

Of the punks, he says, "They're singing songs that reflect themselves as Muslims, but some of their music is satirical." Songs touch on topics as varied as mosque politics and U.S. Homeland Security.

Majeed doesn't see Taqwacore as a movement, as some have described it, because it's not trying to sell anything or convert anybody. He says it's more about "creating a space." He notes it's common for young Muslims brought up in ultra-conservative environments to feel isolated if their views don't conform.

And by the way, only one person in the film sports a mohawk.

THE CANADIAN PRESS

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Mix of Six

Metro taps into today's best entertainment and event picks

THEATRE
Gandhi High, about a teen fighting poverty and violence, opens at 8 p.m. at Workman Theatre, 1001 Queen St. W., through Oct. 25. gandhihigh.ca

READING
Journalist Ian Brown reads from his book, The Boy in the Moon: A Father's Search for His Disabled Son, at McNally Robinson, 1090 Don Mills Rd., 7 p.m.

MUSICAL
Andrew Lloyd Webber's The Boys in the Photograph continues at Royal Alexandra Theatre, 260 King St. W. mirvish.com

MUSIC
Benefit for Get Grounded with Grainne Ryan, Darryl Costello, Roma Page and Amanda Kaye, 8 p.m. at Drake Underground, 1150 Queen St. W. $10

TALK
Weather Makers author Tim Flannery talks to Anna Maria Tremonti at the Reference Library, 789 Yonge St. Free.

EVENT
The Hard Rock Café, 279 Yonge St., hosts Women in Music at 6 p.m., as part of its Pinktober events. $10.

Kenya's**Style**

Kenya Hunt

Read the blog at metronews.ca/kenyasstyle

New Jackson song released

'This Is It' goes online, will be sold alongside upcoming film

Michael Jackson returned to the airwaves yesterday with a new song — the first from an upcoming musical documentary featuring the late superstar.

It is the first new material by Jackson to be released since his sudden death in Los Angeles on June 25.

Jackson sounds confident and almost playful on This Is It, which features his trademark breathy vocal style, perfected over the years since he was a child sensation with the Jackson Five.

He is backed by lush vocals from his brothers, giving the recording a nostalgic, familiar feel.

It is a mid-tempo number with orchestral backing that is played during the closing sequences of the documentary, which opens Oct. 28 for a limited two-week run. The film features rehearsal footage shot shortly before Jackson's death.

The tune has a nostalgic feel, with vocals from Jackson's brothers.

"This is it / Here I stand / The light of the world / I feel grand," sings Jackson in the new song.

The tune is available on michaeljackson.com and will be sent to radio outlets. It will also be part of the double CD set that will accompany the movie, in an expected global marketing blitz capitalizing on the surge of emotion following the singer's death.

The documentary, also called This Is It, features footage of Jackson rehearsing for his planned London concerts, which were to mark his return to the stage after a lengthy absence caused in part by legal and personal problems.

The singer was deeply in debt and his popularity was dimmed by repeated accusations of child molestation.

Jackson's death at age 50 is still being investigated. The Los Angeles County coroner has ruled it was caused by acute intoxication by the anesthetic propofol, with other sedatives a contributing factor.

The coroner found the powerful anesthetic was administered without any medical need.

THE ASSOCIATED PRESS

Handsome price

A bejewelled glove fitted with tiny battery-powered lights, worn by Michael Jackson during the 1984 Victory Tour, brought in more than $70,000 at an auction of entertainment memorabilia last week in Los Angeles. Among other items sold was a guitar played by Elvis Presley in his final Las Vegas show, which fetched $110,000.

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Hurtin' Hamm
Mad Men's Jon Hamm was sporting a hole-punch-sized crater in his neck during a visit to The Late Show with David Letterman after being injured on the set of his upcoming film The Town. METRO WORLD NEWS

Dark intrigue in Hollywood

Stardust

Author: Joseph Kanon
Publisher: Atria Books
Price: $36 (Hardcover)

In the thrilling post-Second World War novel Stardust by Joseph Kanon, protagonist Ben Collier enters the world of American filmmaking only to become embroiled in a plot of epic proportions. He's returned from serving in Europe to California, where he finds his director brother Daniel comatose after a fall from a window. When Daniel dies, Joseph wonders whether it was accident, suicide or something more. His hunt leads him to discover an anti-Communist government offensive focused on the film industry and his brother's role in it. Mixing real figures with fictional ones, Kanon creates an engaging mystery and depicts an era faithfully.

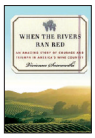
Canada and Other Matters of Opinion

Author: Rex Murphy
Publisher: Doubleday Canada
Price: $32.95 (Hardcover)

In Canada and Other Matters of Opinion, the country's favourite commentator, Rex Murphy, delivers a printed collection of his cutting perspectives on topics ranging from politics to pop culture. The CBC personality and frequent Globe and Mail contributor scrutinizes and deconstructs public figures from Adrienne Clarkson to Pamela Anderson, underscoring his observations with a trademark sarcastic edge. Whether he's assessing the cultural meaning of Tim Hortons or the ambiguities of the tri-party coalition-that-couldn't, Murphy possesses an unabashedly Canadian eye.

When the Rivers Ran Red

Author: Vivienne Sosnowski
Publisher: Palgrave Macmillan
Price: $34.50 (Hardcover)



When Prohibition took hold in the U.S. in 1919, the crackdown on liquor and beer hampered more than the indiscretions of urban socialites. Banning alcohol meant destroying a way of life for its sellers, manufacturers and transporters. In When the Rivers Ran Red, newspaper editor Vivienne Sosnowski uncorks the history of wine production south of the border, chronicling the risk vineyards took to stay afloat. She reveals the fantastic gun battles and the illegal manoevres of law enforcement officials that ensued when when the government stomped on an industry. — BRIAN COULTON/ FOR METRO CANADA

BookPicks

Entertainment in brief

MAGAZINES After more than a half century featuring women like Marilyn Monroe, Cindy Crawford and the Girls of Hooters on its cover, Playboy has, for the first time, given the spot to a cartoon character. In the magazine's November edition, which hits newsstands on Friday, Marge Simpson will be the cover girl and get the full star treatment, complete with a data sheet, an interview and a two-page centrefold. THE ASSOCIATED PRESS

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DVD picks

The Proposal

Director: Anne Fletcher

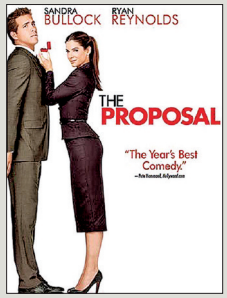
REVERSE SEXISM is at work in this screwball comedy starring Sandra Bullock and Canada's Ryan Reynolds, a summer hit that provided major careers boosts to both.

Bullock is the poor man's Meryl Streep in her role of New York book editor Margaret, who boots around and then seeks to wed her assistant, Andrew, played by Reynolds.

Margaret is an uppity Canadian — irony alert! — whose U.S. residency is about to be revoked by an overzealous immigration agent (Denis O'Hare). She conspires a shotgun marriage with U.S.-born Andrew to save her status.

City slicker Margaret has to cope with the Alaskan foibles of Andrew's kooky kin, including his meddling mom (Mary Steenburgen), gruff dad (Craig T. Nelson) and kinky granny (Betty White, ever the scene thief), whose 90th birthday occasions the trip.

The twist here is that Reynolds, who normally



does the hip cynic, is playing a pathetic pup, one who heels to every cruel whim of his employer. But the freshness doesn't last long as the film defaults to rom-com formula.

Nobody who ever attended a date movie will be surprised by what happens, but The Proposal has low expectations and good vibes in its favour. Director Anne Fletcher (27 Dresses) never overplays her hand, or the script by newcomer Peter Chiarelli.

Extras include an alternative ending, deleted scenes and commentaries by Fletcher and Chiarelli.

Drag Me to Hell

Director: Sam Raimi

APPLAUDING SAM RAIMI for returning to his schlock horror roots is a bit like cheering a Big Mac for tasting the same as it always does. Sure, it's fun that Raimi took a break from counting his Spider-Man loot to bang out a quickie thriller strongly reminiscent of his Evil Dead beginnings.

But couldn't Drag Me to Hell, which Raimi co-wrote with his bro Ivan, be just a little bit more imaginative? In many ways it's Evil Dead 4, which may explain the critical huzzahs from Cannes to California, with a gender flip for minor variety.

This time, the dead-dodging protagonist is a woman (Alison Lohman), rather than the hapless hero played so memorably and hilariously by Raimi regular Bruce Campbell. Lohman's character, Christine, is just too dumb to warrant the supernatural abuse she endures after running afoul of gypsy crone Mrs. Ganush (Lorna

Raver). For acting like a bureaucrat rather than a saint, Christine's punishment is to spend the next 90 minutes dodging the curse of the Lamia, a body-snatching entity from hell that holds big-time grudges and won't take no for an answer.

The thrills are good, but Drag Me to Hell isn't as funny as it should be. With the exception of Raimi's depiction of the Lamia as a talking goat, the laughs just don't come as freely as they used to. Extras include video production diaries and the unrated director's cut.

Peter Howell for Metro Canada

to	Vu	SC	C	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
primetime 10/13/09	265	353	2	TVO	Parks	Recreat. Eden	The Agenda With Steve Paikin		London Hospital (Part 1 of 6)		Life in Cold Blood		Agenda-Paikin
	211	331	3	GTV	ET Canada	Entertainment	NCIS (HDTV) (N)		NCIS: Los Angeles (N)		The Good Wife "Fixed"		News Final
	215	343	4	OMN1	Two/Half Men	The Simpsons	Omni News: Italian Edition (N)		Vivere V	Omni News:	The Simpsons	King of the Hill	Metropia
	210	302	6	CBC	Wheel-Fortune	Jeopardy! (N)	Rick Mercer	22 Minutes (N)	Being Erica (N) (DVS)		CBC News: The National		The Hour
	214	344	7	CITY	Law & Order: SVU		Hell's Kitchen (Season Finale) (N)				The Jay Leno Show (N)		News
	212	313	8	CTV	etalk	Hollywood	You Can Dance		Dancing With the Stars		Law & Order: SVU		CTV News
	218	345	11	CHCH	*Mr. Mom* ★★ (1983, Comedy) Michael Keaton, Teri Garr.				*Vampire's Kiss* ★★ (1989, Horror) Nicolas Cage.				News at 11 (N)
	137	763	13	TFO	Panorama		Un monde de passions		*Les Sanguinaires* ★★★ (1997, Drame)			Villages	CIA, guerres
	-	-	14	-	Family Guy	The Office	Omni News: S. Asian Edition		Omni News: Cantonese Edition		Two/Half Men	King	Living Odyssey
	213	326	15	SUN	The Insider (N)	George Lopez	World's Most Amazing Videos		To Serve and Protect		The Insider	Argos Access	Becker
	-	387	16	CBS	Inside Edition	Hollywood	NCIS (HDTV) (N)		NCIS: Los Angeles (N)		The Good Wife "Fixed"		News 4 at 11
	-	385	17	NBC	The Insider (N)	Entertainment	The Biggest Loser (N)				The Jay Leno Show (N)		News
	-	386	18	ABC	Wheel-Fortune	Jeopardy! (N)	Shark Tank (N)		Dancing With the Stars		(10:01) the forgotten		News
	219	346	20	ACH-B	Degrassi: TNG	TMZ (N)	Monk		Movie				A News
	-	-	28	FOX	Judge Judy (N)	Two/Half Men	Hell's Kitchen (Season Finale) (N)				Seinfeld	Two/Half Men	The Simpsons
	-	388	61	PBS	News-Lehrer	Foot in Grave	Nova (HDTV) (N) (DVS)		Frontline (N) (DVS)		Age of Terror		Business Rpt.
	297	652	330	WPX	Two/Half Men	Family Guy	90210 (HDTV) (N)		Melrose Place (N)		PIX News at Ten Tong.		Two/Half Men
	296	654	331	SBK	Wheel-Fortune	Jeopardy! (N)	Law & Order: SVU		WBZ News (N)	Frasier	The Office	Name Is Earl	Frasier
	298	653	332	TLA	The Tyra Show (N)		According-Jim	Family Guy	KTLA News	KTLA News	Two/Half Men	Two/Half Men	90210 (N)
news	502	390	26	NW	CBC News	Mansbridge	CBC News: Tonight (N)		CBC News: The National		CBC News: the fifth estate		National
	500	500	33	CNN	Lou Dobbs Tonight		Campbell Brown (N)		Larry King Live (N)		Anderson Cooper 360 (HDTV)		
	509	504	79	CNB	Kudlow Report		The NEW Age of Wal-Mart		Executive Vision (N)		The NEW Age of Wal-Mart		Mad Money
sports	405	417	22	net	MLB Baseball: National League Division Series Game 5				Sportsnet Con.		MLB Baseball: National League Division Series Game 5		
	400	400	30	TSN	NHL Hockey Detroit Red Wings at Buffalo Sabres. (HDTV) (Live)					SportsCentre		That's Hockey!	SportsCentre
	411	457	58	OLN	Ghost Hunters		Bounty Hunter	Bounty Hunter	Survivorman		Ghost Hunters		Bounty Hunter
	417	406	81	SC	Pimp My Ride	Pass Time	*Dale* (2005, Documentary) Narrated by Paul Newman.				*Ride of Their Lives* (2008, Documentary)		
family	551	542	25	YTV	Drake & Josh	Prank Patrol	Malcolm-Mid.	Hates Chris	8 Simple Rules	What I Like	Family Biz	Prank Patrol	Adrenaline Proj
	554	544	45	TEL	Scooby-Doo	Total Drama	Total Drama	6TEEN	Futurama	King of the Hill	American Dad	Futurama	Robot Chicken
	556	540	51	FAM	Wizards-Place	Han. Montana	Zack & Cody	Latest Buzz	Wizards-Place	Life Derek	Ned's School	Cory in House	Zack & Cody
	602	567	27	W	Old Christine	Friends	Friends	Grocery	Style by Jury	Style by Jury	How to Look Good Naked (N)		Younger
cable variety	570	580	29	MM	One Tree Hill		Love Court	Video on Trial	Starmaker		MuchNews	My Date With...	One Tree Hill
	615	520	31	A&E	Criminal Minds (HDTV)		The First 48 (HDTV)		Parking Wars	Parking Wars	Parking Wars	Parking Wars	Parking Wars
	700	800	35	TLN	Centrovetrine	Sky TG 24	Magnifica Italia	David Rocco	RIS - Delitti Imperfetti		George Lopez	George Lopez	George Lopez
	571	581	36	MMM	The Daily Fix		Ranked!		Wild 'n Out	Wild 'n Out	High School Reunion		The Daily Fix
	575	583	38	CMT	Funniest Home Videos		Reba	Reba	According-Jim	According-Jim	Home Improve.	Home Improve.	Wilsons
	616	521	39	SHO	The Outer Limits		*The Perfect Neighbor* (2005, Suspense) Perry King.				Bones (HDTV)		NCIS
	620	523	40	BVO	Montreal Jazz Festival		Live at the Rehearsal Hall		Chantal -- Live at the Pyramids				Law & Order
	601	562	41	SLC	Rich Bride, Poor Bride		Wedding SOS	Wedding SOS	Wedding SOS	Wedding SOS	Bulging Brides	Bulging Brides	ET Canada
	522	506	43	HIS	Ancient Discoveries		Cities of the Underworld		Cities of the Underworld		Ultimate Engineering		Crime Stories
	625	548	44	COM	Air Farce	22 Minutes	Corner Gas	Name Is Earl	The Simpsons	South Park	Jeff Dunham: Arguing		Daily Show
	600	564	46	H&G	House Hunters	Property Virgin	HGTV's Top 10	Design Inc.	Pure Design	Genevieve	House Hunters	House Hunters	Holmes-Homes
	294	529	47	TBS	Family Guy	Family Guy	House-Payne	House-Payne	Law & Order: SVU		*Bridget Jones: The Edge of Reason* ★★		
	576	582	49	BET	106 & Park: BET's Top 10 Live		Frankie-Neffe	Frankie-Neffe	Frankie-Neffe	Frankie-Neffe	Frankie-Neffe	Frankie-Neffe	Mo'Nique
	627	528	50	SPC	Stargate Atlantis (DVS)		Star Trek: Voyager		Medium "Pain Killer" (N)		Fringe (HDTV) (N)		InnerSpace (N)
	581	566	52	MTV	Over the Bolts	After	Disaster Date	Disaster Date	The City	The Hills	The Hills	After	MTV Live
	618	524	54	TROP	'70s Show	'70s Show	The Outer Limits		ET Canada	Switch	Family Guy	'70s Show	'70s Show
	603	561	56	FOOD	Ricardo	Exotic	Restaurant Makeover		Hell's Kitchen (N)		Good Eats	Good Eats	Iron Chef Am.
	261	394	60	V	Murder, She Wrote		Bless-Father	Dinnerladies	Quantum Leap		Unscripted (N)	I Prophesy	Poltergeist
	621	527	63	STR	Look-A-Like	TMZ	The Ellen DeGeneres Show (N)		The View (HDTV) (N)		The Dr. Oz Show (N)		TMZ
	553	546	65	TRE	Backyardigans	Nght Grdn	Waybuloo	Franklin	Little Bear	Maggie-Beast	Babar	Zigby	Max & Ruby
	115	711	101	TVA	Les Gags	Occupation	Caméra café	Taxi 0-22 (SC)	La Promesse (HDTV) (N) (SC)		TVA nouvelles	(10:45) Denis Lévesque	
	126	730	102	RDI	24 Heures en 60 minutes		Grands reportages (SC)		Le Téléjournal (SC)		RDI économie	Le National	Le Téléjournal
	526	507	249	VIVA	Judging Amy		Missing "Thin Air"		The Closer		Da Vinci's Inquest		Psychic Inv.
	300	601	301	M1	(7:15) *My Nanny's Secret* (2009, Suspense)				*Hancock* ★★ (2008, Action) Will Smith.			(10:35) *They Wait*	
	305	612	306	PIX	*Interrogation*	(7:20) *The Rendering* (2002, Suspense)			*Airplane!* ★★★ (1980, Comedy)			*Airplane II: The Sequel*	

critics' corner

London Hospital
No fancy electronic equipment in this hospital drama. It's set a century ago, when many of the diseases and treatments were different, but the human drama hasn't changed much. In season two, an explosion taxes the hospital's resources and ratchets up the tension in its neighborhood in London's East End. 9 PM on TVO

Chantal — Live at the Pyramids
Singer Chantal Chamandy used her own resources to get approval to perform in front of Egypt's legendary pyramids. In this special, she performs with the Cairo Symphony Orchestra at the Pyramids of Giza. 9 PM on BVO

Style by Jury
Sometimes it's not just about the look. In this new episode, Ju Ju, an aspiring rap singer, has a very unrealistic view of the world that is getting in the way of her success. The team must address her skewed outlook on life as well as her style issues on the way to making over her appearance. Bruce Turner hosts "Rapsody in Gee!" 9:30 PM on W

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Goodwill in Bloom
UNICEF has named Orlando Bloom its goodwill ambassador in recognition of his commitment to children's rights around the world. Bloom has supported UNICEF's work since 2007, when he first visited schools in impoverished districts of Nepal. THE ASSOCIATED PRESS

Celebrity Buzz

Amy gets new breasts? Sources say yes, yes, yes

SHE'S A BIG GIRL NOW Part of Amy Winehouse's plan for a comeback is apparently an in-depth visit to a plastic surgeon. Sources tell the Sun that the Rehab singer recently dropped $52,000 US on cosmetic surgery — including breast augmentation.

"She looks amazing, like a new woman," a source says. "We all feared she'd fallen off the wagon when she came in. Then we saw her bouncing around with these huge boobs which stand out as she's so tiny and skinny."

It also turns out Winehouse's bid to clean up her act by relaxing in St. Lucia earlier this year came with quite a price tag. The singer reportedly spent roughly $14 million US on her seven-month stay on the Caribbean island, according to OK! Magazine.

"Amy's voice has made her a fortune, but her lifestyle costs a lot to maintain," a source says. "There is still cash coming in from royalties. But a new album or tour would really help top up her coffers."

METRO WORLD NEWS

Tara sheds insecurities, and clothes, for Playboy

GO FIGURE Tara Reid has overcome her physical insecurities and stripped off for an upcoming issue of Playboy magazine, according to U.S. reports.

The American Pie star underwent a botched liposuction procedure in 2004 and vowed never to take off her clothes for the men's magazine — because she was too insecure about her figure, female-first.co.uk reports.

Reid told reporters, "I know there are problems with my stomach. There are bumps on it, it's uneven."

However, the 33 year old is now flaunting her figure, according to In Touch magazine.

She reportedly posed entirely nude for a Playboy shoot at a private residence in Santa Monica, California earlier this month.

A source says, "She was a bit insecure about her body when they first started. She looked great and finally got into the groove."

METRO NEWS SERVICES

Celebrity tweets

Kirstie Alley doesn't have time to indulge in long meals, Joel Madden had an interesting seatmate on a recent flight, MC Hammer is just happy to be awake, and Kylie Minogue checks up on her little sister who angered folks with a comment on X Factor.

• @kirstiealley
Back from dinner with friends..see how this weight loss thing works..7 bites..fast dining..kiss kiss..love love..eat eat...bye bye...lol

• @JoelMadden
I actually don't mind sitting next to people on planes. I chat them up. On my flight today i sat next to a WWII fighter pilot.

• @MCHammer
He did it Again !!! Woke Us Up !!! I'm Grateful Lord !!!! Everyone have a Fantastic day !!!

• @kylieminogue
Just off the phone w my little sis, both she and Danyl are surprised by how much unnecessary attention her innocent comment has garnered...

METRO WORLD NEWS

Eddie mum about LeAnn on set

SUCH A PROFESSIONAL Eddie Cibrian's personal life might make headlines in the press, but on the set of CSI: Miami, his costar tells usmagazine.com that he keeps quiet about new girlfriend LeAnn Rimes.

"I know he's going through a lot of personal stuff right now, but he's super-professional and doesn't bring any of it to work," Eva La Rue told Us. La Rue, who plays a DNA analyst on the CBS drama, previously worked with Cibrian, 36, on Third Watch, in which they played a married couple.

"I know he's a great guy," she told Us of the star, adding that it has been "really fun" working on the series' eighth season. Will Rimes guest star on the show? "I don't know," La Rue said, laughing.

METRO NEWS SERVICES

Cruise-ing with Catholicism

MOM KNOWS BEST Suri Cruise is ready to start preschool, and it turns out she'll be attending Catholic school, according to the Daily Mail. Despite dad Tom Cruise's devotion to Scientology, Suri is reportedly being raised Catholic like mom Katie Holmes.

"Katie has been listening to her parents who are devout Catholics. She is not convinced by Scientology," a source says.

Young Suri is set to attend the Catholic Charities Yawkey Centre For Early Education And Learning in Boston while Tom is in the area filming a movie.

METRO WORLD NEWS

Usher claims wife scratched car

CLAWS OUT Usher isn't having the easiest time working through divorce proceedings with wife Tameka Foster, and now he claims she snuck onto his property and keyed one of his cars, according to TMZ. However, after police investigated the scene and interviewed both parties, they determined there was no evidence to substantiate the claim.

METRO WORLD NEWS

Daisy pranks cruel: Jessica

PEOPLE ARE SUCH DOGS Jessica Simpson doesn't appreciate the false information her loved ones have received from pranksters claiming her lost Maltipoo Daisy is alive, usmagazine.com reports.

"People who have been contacting my family and friends saying that Daisy has been found," the star, 29, Twittered on Sunday. "Untrue. People are so cruel ... please respect her memory."

Daisy, the five-year-old dog who was a gift from ex-husband Nick Lachey, was dragged away by a coyote in her Los Angeles backyard in September.

After a week of searching — which included hanging posters that offered a reward and enlisting professional pet finders FindToto.com — Daisy was never recovered.

METRO NEWS SERVICES

Polanski dejected in prison: Lawyer

JAIL TIME Roman Polanski's lawyer says the scandal-ridden director is not handling being in prison well. "I found him to be tired and depressed," Herve Temime says, according to the Hollywood Reporter. "Roman Polanski, who is 76, seemed very dejected when I visited him."

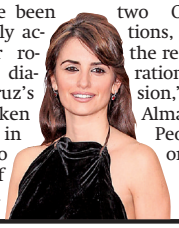
METRO WORLD NEWS

Javier wrapped around her finger?

FROM SPAIN WITH LOVE Though Penelope Cruz and Javier Bardem have been cagey about publicly acknowledging their romance, a stunning diamond ring on Cruz's finger at the Broken Embraces premiere in New York seemed to confirm rumours of their engagement.

"She has achieved a very handsome, good boyfriend, two Oscar nominations, one Oscar and the respect and admiration of her profession," director Pedro Almadovar told People magazine on the red carpet.

METRO WORLD NEWS



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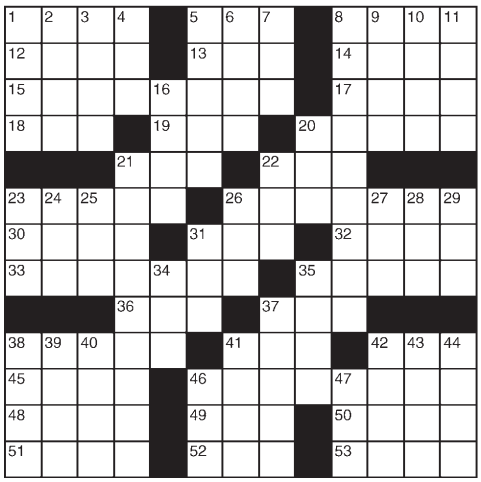
Take Five

For more delicious Metro recipes, visit: metronews.ca/food



ACROSS

1 Call a halt to
5 Bashful
8 Barrel
12 End of a melody
13 Caustic solution
14 Lotion additive
15 Comic-strip pub habitue
17 Undraped
18 Wrong (Pref.)
19 Inseparable
20 Madison Avenue worker
21 Droop
22 Distort
23 Dazzling display
26 Let the air out
30 Hoodlum
31 Scarlet
32 Met melody
33 Legendary clarinetist
35 Go in
36 Sweet potato
37 See 3-Down
38 Correct
41 — Lanka
42 Copper head?
45 Margarine
46 1977 James Taylor hit
48 Pebbles' pet
49 Clay, today
50 In the thick of
51 Go looking for
52 Links prop
53 Cookware

DOWN

1 Swindle
2 Morrison or Collette
3 With 37-Across and 44-Down, miscellany
4 Remuneration
5 Word on the street?
6 Advertise bombastically
7 "Uh-huh"
8 Game played with "gingerbread pawns"
9 Astringent
10 Pop
11 Acute
16 Outer layer
20 "Bow-wow!"
21 New Jersey peninsula
22 Marry
23 Ovum
24 Bill's partner
25 Privy
26 Lair
27 Illustrations
28 Dead heat
29 Listener
31 Aries
34 Yoga surface
35 Oklahoma city
37 Golfer Palmer, to fans
38 Sceptres
39 Nastase of tennis lore
40 Kelly or Krupa
41 Store event
42 Bullets
43 Worm, maybe
44 See 3-Down
46 Chapeau
47 Shrill bark

Sudoku

For more/less challenging Sudoku puzzles, visit metronews.ca

HOW TO PLAY: Digits 1 through 9 will appear once in each zone — one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.

	2		4		6	9	3	
					9			8
5						6		2
	1		5			7	4	
				4				
	8	7			1		2	
3		5						1
1			6					
	7	2	1		8		6	

PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:

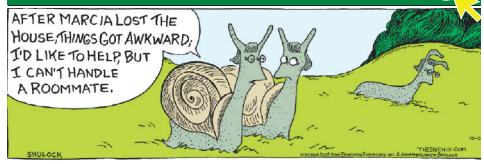
M	A	J	O	R		B	I	G
E	R	O	D	E		O	R	E
S	K	E	E	T		W	O	E
		D	R	I	V	E	N	
S	K	I		E	A	R		L
O	A	R	S		N	Y	L	O
P	Y	T	H	O	N		O	U
			E	X	A	C	T	
A	S	S	A	Y		A	U	F
S	T	E	T		E	N	S	U
T	O	E	H	O	L	D		S
E	L	M		A	M	O		S
R	E	S		F	O	R		Y

A	L	P						
S	I	R						
M	E							
O	S							
T	S							
A								
D								

8	7	2	4	5	3	9	1	6
4	6	5	2	9	1	7	8	3
1	3	9	7	8	6	2	5	4
7	4	3	9	1	2	5	6	8
5	2	1	8	6	4	3	7	9
9	8	6	3	7	5	1	4	2
6	1	4	5	3	9	8	2	7
3	5	7	6	2	8	4	9	1
2	9	8	1	4	7	6	3	5

On the web

For more games and 60 additional daily cartoon strips, visit metronews.ca



Metro Recipe of the Day

Scalloped Potatoes

INGREDIENTS:

3 tbsp (45 ml) butter, divided
1 tbsp (15 ml) all-purpose flour
1 tsp (5 ml) salt
1/4 (1 ml) pepper
1-1/2 cups (375 ml) milk
4 cups thinly sliced peeled potatoes
1 medium onion, finely chopped
1 small green pepper, finely chopped
1/2 cup (125 ml) dry bread crumbs
3/4 cup (175 ml) shredded cheddar cheese

METHOD:

1. In a small pot, melt 2 tbsp (25 ml) butter; stir in flour, salt and pepper. Gradually stir in milk. Bring to boil over medium heat; cook and stir 2 minutes or until thickened.
2. In a greased 1-1/2-qt. (1.5 l) baking dish, arrange half the potatoes, onion and green pepper in layers; cover with half of sauce. Repeat layers. Cover and bake at 350 F (180 C) for 35 minutes.
3. Melt remaining butter; combine with bread crumbs and sprinkle over potatoes. Bake, uncovered, 40 minutes longer or until potatoes are tender. Sprinkle with cheddar cheese. Let stand 5 minutes before serving.

SERVES 4

rd.ca

For nutritional information on this and other great recipes, go to rd.ca or check out Key Ingredients in this month's Reader's Digest, on newsstands now!

Horoscopes by Sally Brompton sallybrompton.com

For Sally's expanded daily and weekend horoscopes, visit metronews.ca

ARIES ♈
MARCH 21-APRIL 20
Listen to what friends have to say to you over the next 24 hours, because they can see things that you can't. Adopt their positive attitude, too.

TAURUS ♉
APRIL 21-MAY 21
You're on the threshold of a breakthrough, one that wouldn't have been possible a short time ago. Nothing's beyond you when you put your mind to it.

GEMINI ♊
MAY 22-JUNE 21
You need a change of perspective or direction, and you'll get that today whether you like it or not. Chances are you'll like it very much indeed.

CANCER ♋
JUNE 22-JULY 22
If you find yourself wishing you were someone else, you're wasting your time. Focus on making a better job of who you are.

LEO ♌
JULY 23-AUG 23
Your problems are not as bad as you seem to think and today you will realize you have been worrying for no good reason.

VIRGO ♍
AUG 24-SEPT 22
You may be tempted to change something that's worked for you, and it could be time for a change. At work you'll be open to new ideas and methods.

LIBRA ♎
SEPT 23-OCT 23
Play to your strengths today and you'll move ahead swiftly with a project close to your heart. Romantically and creatively, you can do no wrong.

SCORPIO ♏
OCT 24-NOV 22
This is the perfect day to patch up a relationship that's been less than satisfactory in recent months. But you must ditch your pride and say sorry first.

SAGITTARIUS ♐
NOV 23-DEC 21
Something important is about to happen in your life, something that will make you smile. There is a good chance travel is involved.

CAPRICORN ♑
DEC 22-JAN 20
There is a real possibility you'll come into money, but there are other ways to improve your finances. The most obvious is to sell off some of your things.

AQUARIUS ♒
JAN 21-FEB 18
Recently, it may have seemed your long run of good fortune was at an end, but today will help you to believe that Lady Luck has not deserted you.

PISCES ♓
FEB 19-MARCH 20
If you find your approach to a personal problem isn't working, tackle it from a different angle. Think creatively, and dig yourself out of a hole.

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This day in history

1773: The Whirlpool Galaxy is discovered by Charles Messier.
1812: War of 1812, Battle of Queenston Heights — As part of the Niagara campaign in Ontario, U.S. forces under General Stephen Van Rensselaer are repulsed from invading Canada by British and native troops led by Sir Isaac Brock.
1843: In New York City, Henry Jones and 11 others found B'nai B'rith, the oldest Jewish service organization in the world.
1884: Greenwich is established as universal time meridian of longitude.

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